

# COSMOPOLITAN

SEPTEMBER 2015 | £3.80

## THE LAST SEXUAL TABOO (...or is it?)

## New season fashion

Get ready for fringed bags, flares, floaty dresses & more!

## 'MY MUM LOVES MY SISTER MORE THAN ME'

## Career tips from the \$1billion woman



BIG VOICE -  
BIG ATTITUDE

## Ella Eyre

'Wear a bra and pants on stage - no one listens to your lyrics!'

THE  
**COSMO BEAUTY AWARDS**

*The best makeup, skincare, hair, nails*

## #BRINGBACK OURGIRLS

Exclusive:  
the girls who escaped Boko Haram

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KENDALL JENNER



INTRODUCING

# MODERN MUSE

## LE ROUGE

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SEPTEMBER 2015

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WINTER  
2015

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On the  
**COVER**

**ELLA  
EYRE**

*Here's how to  
channel Ella's  
energy...*

**Photograph** Ben Riggott  
**Fashion** Sairey Stemp

**Hair and makeup** Yasmine B, using Mizani Hair and Giorgio Armani Beauty

**Nails** Michelle Humphrey at LMC Worldwide, using Maybelline

**Fashion Assistant**  
Natasha Miles

**Top and skirt** Ted Baker  
**Rings** Maria Black

*Get her style*

Top, £89, Ted Baker



Skirt,  
£109, Ted  
Baker

Rings, £10  
for set,  
Freedom at  
Topshop

Ring,  
£6.50,  
Dorothy  
Perkins



BY LUCY PARTINGTON AND NATASHA MILES

*Copy her makeup*

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in 2, £27

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Summer  
in 110,  
£39.50

D'Armani  
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401, £27

Maestro Fusion  
Foundation in 6, £40

GIORGIO ARMANI  
smooth silk lip pencil / crayon levres armenus  
Smooth Silk Lip Pencil in 05, £18

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# 'IT'S BEEN A BLAST AND A PRIVILEGE'



Once a month for the past eight years I have sat down to write this page – either a snapshot of my life or a discussion of an issue I think is important to *Cosmo* readers. It has been a blast and a privilege. And so it is with mixed emotions that I write this final missive.

I have a new job at Hearst – the company that publishes *Cosmopolitan* as well as lots of other brilliant magazines and websites – and one of my new remits is running Hearst Empowering Women.

Collectively, all of these brands speak to one in three women in the UK, and listen to everything they (and that means you) say back. I want to build on the brilliant campaigning work we have done at *Cosmo* to make sure that the strengths and achievements of women are truly celebrated, and that our voices are listened to at all levels – whether by high-street retailers, decision makers in the entertainment industry or top dogs in the political corridors of power.

I love being a woman and I love the complexities, emotions, laughter and strength that come with being one of our sex. More than anything, I have loved working on *Cosmo* and *Cosmopolitan.co.uk*, as well as the many spin-off magazines, shows and events we have produced.

One of the highlights has been the daily feedback from

you, the readers. You tell us exactly when we have got it right, how we have supported you – and just as importantly, made you laugh – and also chastise us if you think we could do better. Thankfully, there have been far fewer instances of the latter than the former.

Now it's time to say goodbye, and from next month, *Cosmopolitan*'s fantastic new editor Farrah Storr heralds an exciting new era. Thanks for everything,

*Louise*

*Louise Court (Editor-in-Chief)*

[Follow Louise @LouiseCourt\\_](#)



Never a dull moment...



Taking the PM to task



With friend of the mag Davina



All smiles with former cover star Mollie King



Taking the Ultimate Women to Downing Street



Some fantastic Cosmo cover stars...



A full-page photograph of a woman with blonde hair, wearing a high-neck, long-sleeved, knee-length dress with a bold, colorful floral and leaf print. She is leaning her left arm against the open door of a shiny, light-colored vintage car. The setting is a residential street with a single-story house and a garage in the background. The lighting is bright and sunny.

Dress  
**9.99**



**H&M**

A fashion advertisement featuring a woman with long brown hair and blue eyes. She is wearing a white, sleeveless, pleated dress with a deep V-neck. On her right shoulder, there is a large, ornate gold shoulder piece made of scales and tassels. She is also wearing a gold chain necklace. She is standing in front of a dark, cloudy sky with a bright, cloudy area behind her head. In the bottom left corner, there is a white, classical-style scroll or column base.

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**'You think it's "so amazing" that I'm confident in bed at my weight?'**

LAURA BECK IS A SIZE 22-26 - AND HAS A SUPER-HOT SEX LIFE. THANKS VERY MUCH...



## We should *all* feel confident in bed

I'd like to say a *huge* thank you to Laura Beck for sticking up for us curvy girls in 'You Think It's "So Amazing" That I'm Confident In Bed At My Weight?' (August). Why people think girls with bigger appetites would (or should) have less of a sex drive, I'll never know. We're *all* sexy!

Zoe, Cheshire



**@sosborn18**  
Giant cup of coffee and the new issue of @CosmopolitanUK... perfect start to the afternoon!

### Hannah, Middlesbrough

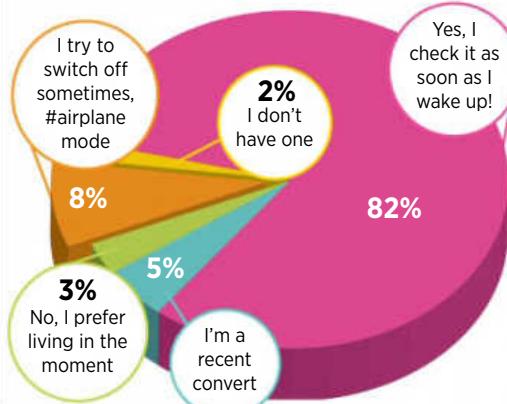
Last month's From The Editor, *When Did 'Single' Become A Curse Word?* (August) is so on point. I'm single, I do go on dates, but I'm really happy being independent. Why the hell would I want to settle for the sake of conforming to the 'norm'? I'm really pleased Cosmo knows the 'S-word' shouldn't be feared!



'Cause nothing beats that Friday feeling - even if it is a Thursday

## DISCUSS

### ARE YOU A SMARTPHONE ADDICT?



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## #TRENDING

This month's six hottest topics over at [Cosmopolitan.co.uk](http://Cosmopolitan.co.uk)

### So, there's an actual, scientific reason for hating all your clothes

► We've all stood at our wardrobe yelling, "EVERY SINGLE THING I OWN IS THE WORST!" Cosmopolitan.co.uk/omgscience has the answer

### 10 summer books you *need* to read

► From heart-racing thrillers to indulgent romps, our ultimate list will have you turning pages all season. Swot up at [Cosmopolitan.co.uk/mustread](http://Cosmopolitan.co.uk/mustread)

### Love is great... but pizza is better

► These hilarious pizza-themed proposals make a traditional diamond ring look totally lame - see [Cosmopolitan.co.uk/pizzalove](http://Cosmopolitan.co.uk/pizzalove)

### 14 moments in KJ's #blessed life

► The mother of the Kardashian-Jenner clan is just *too* blessed to be stressed. Find Kris's most fab moments at [Cosmopolitan.co.uk/soblessed](http://Cosmopolitan.co.uk/soblessed)

### 'Cooking' your face is now a thing?

► No, it doesn't hurt! It'll transform your makeup. Get in the know at [Cosmopolitan.co.uk/facecook](http://Cosmopolitan.co.uk/facecook)

### 13 things confident women *never* do

► Ain't nobody got time for *that* - ditch those confidence drainers at [Cosmopolitan.co.uk/gogirl](http://Cosmopolitan.co.uk/gogirl)

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Kate

## DARE TO GO BARE

NEW NUDE COLLECTION  
BY KATE MOSS

Long-lasting nudes  
and a lip-loving balm with SPF15

Kate Moss wears Lip conditioning balm by Kate,  
Kate lipstick #43 and Salon Pro #126 Bare Yourself.



RIMMEL

GET THE LONDON LOOK





## The superstar DJ

Not even Clara Amfo herself could have predicted how fast her radio career would skyrocket. In the past six months this 30-year-old has become one of the most talked-about women on the airwaves – taking over from Jameela Jamil on BBC Radio 1's *Official Chart* show, before snapping up Fearne Cotton's 10am-1pm Live Lounge slot.

Her recipe for success? "I've learnt to be happy being me. It would have been easy to think, 'If I want to be a DJ I've got to look a certain way, have a certain voice and a celeb boyfriend' – but you just have to be good at your job." Clara's success is the result of sheer hard work; cutting her teeth as a studio assistant at Kiss FM aged 22, she spent her days doing tea runs and pounding the streets polling the public on their favourite pop acts. But it wasn't too long before she got noticed and found herself swapping interviews with the public for the likes of J-Lo and Pharrell.

To her family, Clara's career choice comes as no surprise. Growing up in Kingston, Surrey with one sister and four music-obsessed brothers, the bass was always pumping from the Amfo house. "One of my brothers is a garage MC, my elder brother plays guitar, another is into French house and my little brother loves grime," she says. But no matter how nervous she gets broadcasting live – and trust us, she does – this girl doesn't let anything faze her: "Someone asked me, 'Are you worried about filling Fearne's shoes?' And I said, 'Well, no, because I'm going to wear my own.'"

BY JACQUI MEDDINGS. PHOTOGRAPH THOMAS WATTS. HAIR AND MAKEUP VICTORIA BARNES. STYLING JARED GREEN. BLAZER, ROBERTO CAVALLI. T-SHIRT, HELMUT LANG. JEANS, JEWELLERY, CLARA'S OWN



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Be that girl



# 1 Designer style

Jacket, £2,100, Mulberry.  
Top, £225, Sea NY. Jeans,  
£100, Custom Made.  
Shoes, £525, Christian  
Louboutin. Gloves, £150;  
bag, £250, both Coach



*The cute checks, tweeds and flannels for the new season*

## CHECK CHIC



LEFT: Jacket, £299, Gestuz. Jumper, £187; skirt, £148, both Hofmann Copenhagen. Shoes, £342, Claudio Pierlot. Socks, £11, Burlington. Scarf, £175, Coach. RIGHT: Jumper, £180; skirt, £200, both House Of Dagmar. Shoes, £175, Russell & Bromley. Clutch, £295, Aspinal Of London. Bracelets, £60 each, Lola Rose



Bag, £380, Vivienne Westwood at Very Exclusive



Shirt, £130, Rails



Dress, £355,  
Marc by  
Marc Jacobs  
at Very  
Exclusive



Shirt, £295,  
Equipment



Top, £179, AG Jeans



Shoes, £175, Russell & Bromley

CHECK OUT OUR STYLE STEALS OVER THE PAGE

Be that girl



LEFT: Jumper, £39; bracelets, £12.50 each, all Wallis. Skirt, £95, Asos. Boots, £200, Aldo. RIGHT: Coat, £110, Topshop. Jumper, £42, Oasis. Trousers, £44.99, Mango. Shoes, £19.99, New Look



Shirt, £120, French Connection. Skirt, £38; boots, £75, both Topshop. Bag, £130, Reiss. Earrings, £10, Freedom at Topshop

Mix up your textures with denim and workwear staples for a fresh take on the tailoring trend. Try styling up your summer floral dresses by clashing checked prints with tomboy layers.



Top, £22, Simply Be



Skirt, £14, George



Jacket, £55, River Island



Shirt, £27.99, Mango



Dress, £129, Best Of British at Marks & Spencer



Trousers, £65, Sisley

STYLING HOLLY COOPEY, PHOTOGRAPHS PETER PEDONOMOU, HAIR HEATH MASSI AT FRANK AGENCY, USING HAIR REHAB LONDON, MAKEUP GEMMA TYLER, USING CHARLOTTE TILBURY. MODEL SAMANTHA GILDER AT FM LONDON. FASHION ASSISTANT ARNDT STOBBA



Overdone it  
this summer?  
Turn up the  
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conditioning

Lazy summer days? Err, no.

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Aussie Beach Mate Collection.

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lifeguard in a bottle  
(minus the 6-pack).

DINKY  
TRAVEL SIZE



A U S S I E

"There's more to life than hair but it's a good place to start."

Be that girl



# Art class

*Start the new season right  
with a splash of colour  
and a dash of flair*

Shoes, £995, Charlotte Olympia.

Large bag, £455, Jérôme

Dreyfuss at Monnier Frères. Small

bag, £480, Moschino. Sunglasses,

£305, Fendi at Very Exclusive

**PS** For purse-friendly options  
try Topshop, Primark and Zara



"There's more to life than hair but it's a good place to start."

AUSSIE

# Dry tent? No Dry feet? Not quite Dry shampoo? Absolutely

Knee-deep in festival madness?

Let Miracle Dry Shampoo  
keep you looking like  
a crowd-surfing goddess.

Dance in the rain? Go for it.

Sleep in a puddle? Why not!  
With these little beauties  
nothing's off the bill  
(except grease).

ROCK 'N' ROLL  
HAIR



Be that girl



## We tried it...

1 Part towel-dried hair in sections, moving from one ear to the other, applying a thickening gel spray to the roots of each parting.

2 Comb the product through and make a middle parting. Blow-dry using a round brush, pulling the hair at the crown upwards for lift.

3 Using a conical wand, tong the hair in sections, alternating the direction of each curl. Hold the wand diagonally (tip pointing down), and loosen curls with a little pull.

# '70s curls

4 Twist the front layers back and out. Create a typically '70s 'triangular' hair shape by not curling too close to the scalp.

5 Use a natural-bristle brush to push curls upwards while retaining their shape, and add a mist of hairspray.

**Top trick**  
For a tight but relaxed-looking curl, twist each section on itself and mist with hairspray before wrapping it around your tongs.

**"Yowza yowza yowza – I'm off to strut my stuff at Studio 54"**  
Inge, Beauty Director



## The kit...



Kent Airhedz Smoothing & Finishing Narrow Brush, £11.20



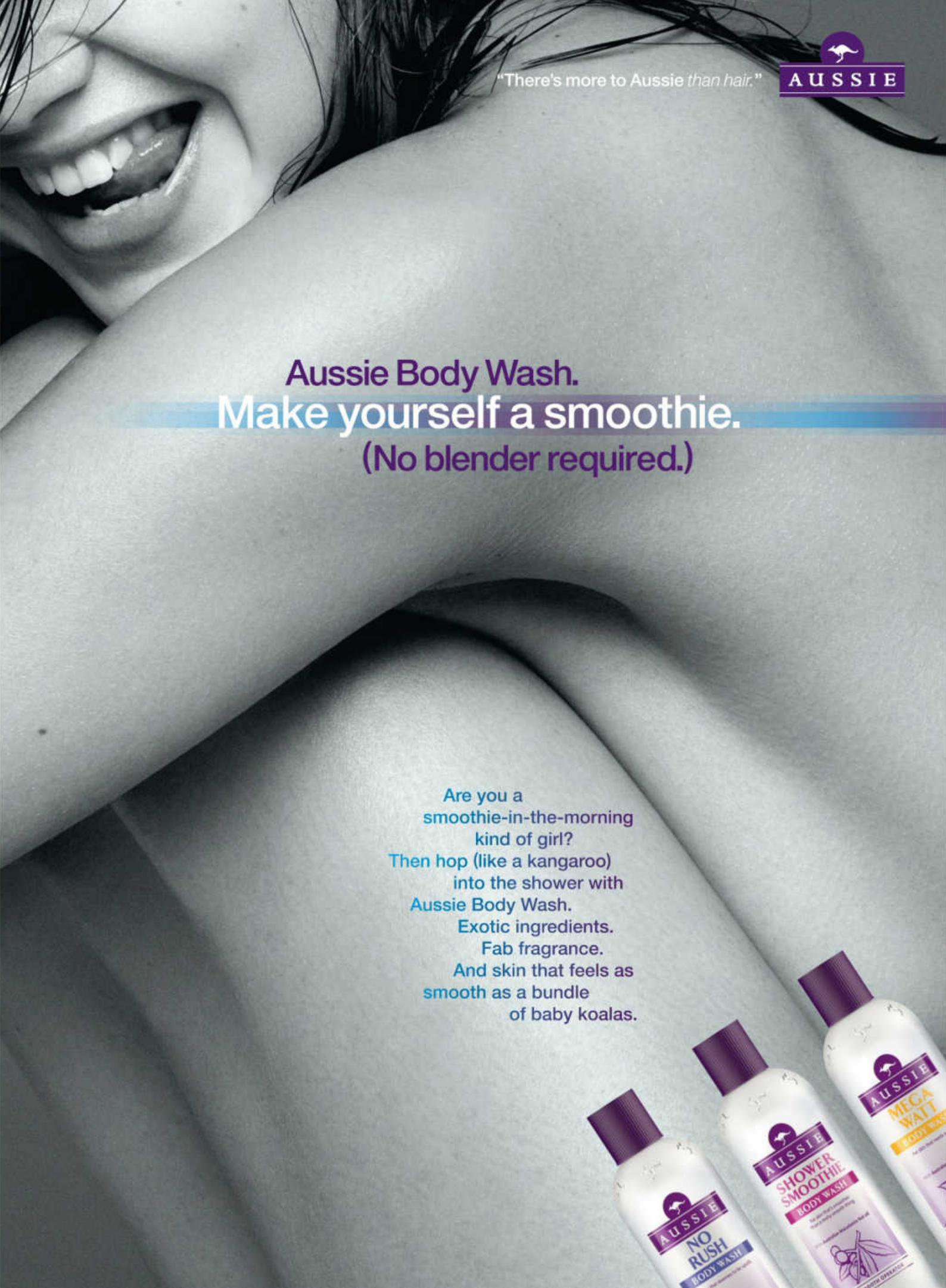
Redken Stay High 18 Gel To Mousse, £19



Phil Smith Hold On Firm Hold Hairspray, £4

HX Total Hair Experts Curvaceous Locks Curling Wand, £24

BY INGEBORG VAN LOOTRINGEN. PHOTOGRAPHS LOUISE HAYWOOD-SCHIEFER, IDS, XPOSUREPHOTOS.COM, GETTY, SPLASH NEWS, CAPITAL PICTURES. HAIR, MAKEUP AND TIPS SCARLETT BURTON, USING BUMBLE AND BUMBLE



"There's more to Aussie than hair."

A U S S I E

## Aussie Body Wash. Make yourself a smoothie. (No blender required.)

Are you a  
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# CLOSET CONFIDENTIAL

WITH

*Gizzi  
Eroskine*



THE '60S-LOVING CHEF  
OPENS UP HER ONE-  
OF-A-KIND WARDROBE

“I’ve always been into the alternative music scene. I was into punk, metal and rockabilly, so I loved wearing the clothes that defined those scenes. I didn’t find myself that attractive growing up; I was really into body piercings, then I somehow got into wearing more feminine ’60s clothes and I found that the cuts suited my figure and personality better. I’ve always been a tomboy, but I realised that you can still be feminine *and* be a feminist – that was quite a nice revelation.”



## The independence bag

“This Ferragamo bag is the most expensive thing I’ve ever bought – it was about £2,500! I don’t actually shop much for clothes; I just buy basics. But once I get my heart set on a good bag, I have to have it. I made a bad call once, though: when I finished catering school I bought myself the most disgusting Chanel bag you’ve ever seen. It’s a white pouch and it’s filthy – it looks like a scrotum! It was about £1,200 12 years ago. I’m proud of working hard and being able to get myself nice things. I’ve never sought to be looked after by a guy – I like having my independence.”



### The happy hats

"My beehive is my signature look and I pretty much always put it up myself. It takes me five minutes and it's the perfect style for working in a kitchen - lacquer your hair that much and it ain't going anywhere! I don't enjoy shopping at all - it makes me panic and feel miserable, but I do love looking for one-off pieces like hats. I get most from Fenwick or vintage shops - the cat ones were £20 each. When I'm not in the kitchen I love to write. In the morning I'll write recipes for three hours before testing them out in the studio."



### The leopard look

"I'm known for my leopard-print swing coats! I'm never going to move away from that; I've loved that look ever since I was a teenage punk wearing leopard-print miniskirts around Piccadilly Circus."

### The Korean dungarees

"I spent time in Thailand growing up [her mum worked there when Gizzi was 11] so I've always been comfortable cooking with Asian ingredients. I wore these dungarees from Asos to film my TV show [Gizzi Erskine's *Discovering Korean Food*]. I wanted to be 'me' but dress down a bit and be functional too. I have so many good memories from that part of the world - most of them on the beach."



*'I love this headband. I got it from Liberty and it looks really Chanel'*



### My favourite wedding dress

"I've got two sisters and we're all really close. When my younger sister, Cora, got married in Greece, I wore this orange Moschino dress - it's such a 'Hepburn' shift, with a gorgeous embellished neckline. Although I'm emotional I don't cry very easily, but when my big sister Heni and I stood up to do a speech, I just burst into tears. People say the middle child is attention-seeking and I fit that role. I'm a nightmare for my mum!"

### The powerful punk number

"I was fascinated by piercings when I was younger. Before I went to catering school, I worked for years as a body piercer. All my best friends are from that time in my life and we go to gigs together still. That's why I loved wearing this punky Young Edwardian dress to the NMEs. I don't normally get my boobs out because I'm too self-conscious, but I did a bit that night and I felt quite powerful."



*Gizzi's Healthy Appetite: Food To Nourish The Body And Feed The Soul* (£25, Mitchell Beazley) is out 6 August ♦



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even when nights are cut short**



NEW

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THE MAKE-UP OF MAKE-UP ARTISTS

# 'If life's judged by milestones, I've failed'

*...And there is absolutely nothing wrong with that, insists Jameela Jamil*

**W**hen was the last time you were totally satisfied? Truly content with life in general? I think I might have been 10 years old when I felt that who I was and what I had were enough, and didn't feel suffocated by society's expectations.

After that age, life really kicks in – as do hormones, realities and goals that extend beyond how late you can persuade your parents to let you stay up. We're drip-fed milestones from the moment we lose our baby teeth – markers we're lightly pressured to reach in order to dodge the bullet of 'failure'. This propaganda, which keeps us constantly striving for more and for better, also makes us spend more – after all, the unhappiest consumers make the best customers.

I've never had a great day, full of fantastic food, laughter and sex, and

thought to myself, 'I wonder if I have enough tank tops?' No, I reserve those thoughts for when I'm unhappy, bored or unsatisfied.

Society pushes us towards big things, permanent things, things we very likely don't actually *want*, but which we're prepared to commit to in the name of reaching those goals.

I recently came across an article that listed major life milestones and the age by which you're expected to reach each one. And below, in a nutshell, are the reasons why I think they're rubbish.

#### **First kiss: 15**

Already failed! I was 21, very tall, very spotty and very awkward. When I was 14, a boy I was silently in love with had said, looking me dead in the eye, "I wish hot girls had your personality." There it ↗



was, the definitive, 'you-are-not-a-hot-girl' moment. Thankfully, I only had to wait another *seven years* for someone to take me out of the Friend Zone, where I'd spent my entire adolescence.

## First full-time job: 20

Again, no. But I *did* have about eight really crap part-time jobs. One of these was being a mystery shopper, which is like being the most budget version of James Bond *ever*. I also used to volunteer for the testing of new products. This resulted in dandruff that's been going on for 10 years now. Two thumbs up, Jamil...

## Pass driving test: 20

Can't drive. Can just about walk safely. Next question.

## First holiday with friends: 20

Ah, now *this* one I did at 15. Which further emphasises how unkissable I must have been. It was Spain 2001, in a time and place English girls were renowned for being 'easy'. Yet I didn't get so much as a wink from a pool boy.

## Buy first car: 22

Fuck off.

## First holiday with a partner: 23

Finally, something I can get down with! I would say the later in life you leave this, the better, because emotions run high in holiday situations. There's a lot more booze and sex, plus the *unbelievable* stress of finding somewhere to poo that isn't your tiny shared bathroom, situated right next to the bed, with embarrassing acoustics.

## Be a bridesmaid: 23

I've never even been to a wedding. It seems people

scarcely want to shag me or my friends, never mind marry any of us.

## Rent on your own: 24

ARE YOU HAVING A LAUGH? Our economy hates young people, and savings are a privilege, not a right. Unless you're doing this in a tipi in the Andes, or your surname is Kardashian, this is absurd. I'm 29 and I still have room-mates; I *love* having room-mates.

## Get engaged: 25

Nowhere near. As far as I'm concerned, we're not even close to being the person we're going to be for the rest of our lives. It's bloody hard to commit to someone at 25. Some people do and it works beautifully, but often you grow up and you grow apart. Don't allow this pressure anywhere near you. It is nonsense.

## Rent with a partner: 25

I did this. It was hard. It was a bedsit and he once pissed in the sink next to our bed. We broke up.

## Get married: 27

See above.

## Buy first flat: 27

Hahahahahaha  
hahahahahaha!

## Have first child: 28

This is totally doable, but not something to be pressured into. I'm still at the stage where if I see or hear a baby, my uterus closes until further notice.

## Buy first house: 29

Oh, god. Really?

Basically, the next 10 on the list are just about getting second mortgages and taking

two holidays a year and then getting a buy-to-let property. None of these milestones is about happiness or emotion.

While of course some of these things are necessary, we're all different, and we all have varying upbringings, dreams and realities. It's absurd to set your watch to everyone's time. So many people govern their lives by where they're 'supposed' to be at a given point.

Friends of mine who are wonderful and have achieved so much can't sit still and just enjoy the view. It's exhausting. My milestones

are for when I fall in love. When I have a job that makes me laugh every day. When I learn to cut my fringe, even.

Yesterday, I fell ill with a kidney infection while at a rock star's house. The doctor came and needed a urine sample but had forgotten to bring any cups, so I had to piss into one of the rock star's shot glasses. It was a new low for me. But weirdly, it isn't one of the rites of passage on the list. Because for better or worse all our lives and their milestones are unique.

Follow Jameela @jameelajamil

## CELEBS FLOUTING THE MILESTONE RULES

ZAYN MALIK and PERRIE EDWARDS were both 20 when they got engaged. Well, when you've found the one worth quitting 1D for, why wait?

When HALLE BERRY got pregnant for the first time aged 41, she said, "I've waited a long time for this moment in my life." Her next baby arrived at 46, proving that the baby milestone isn't right or possible for everyone.

CARLY RAE JEPSEN was 17 before she had her first kiss (two years older than 15, when you're 'supposed' to). She's still friends with the guy on Facebook. Aw!

Retire at 60? SUSAN SARANDON is 68 and still making excellent, challenging movies. Her next role sees her playing the grandmother of a transitioning teen in *Three Generations*.

Earn the average wage at 30? DREW BARRYMORE's career began when she was just 11 months old, and is now estimated to be worth £80m. Shame we can't all be like Drew. ♦



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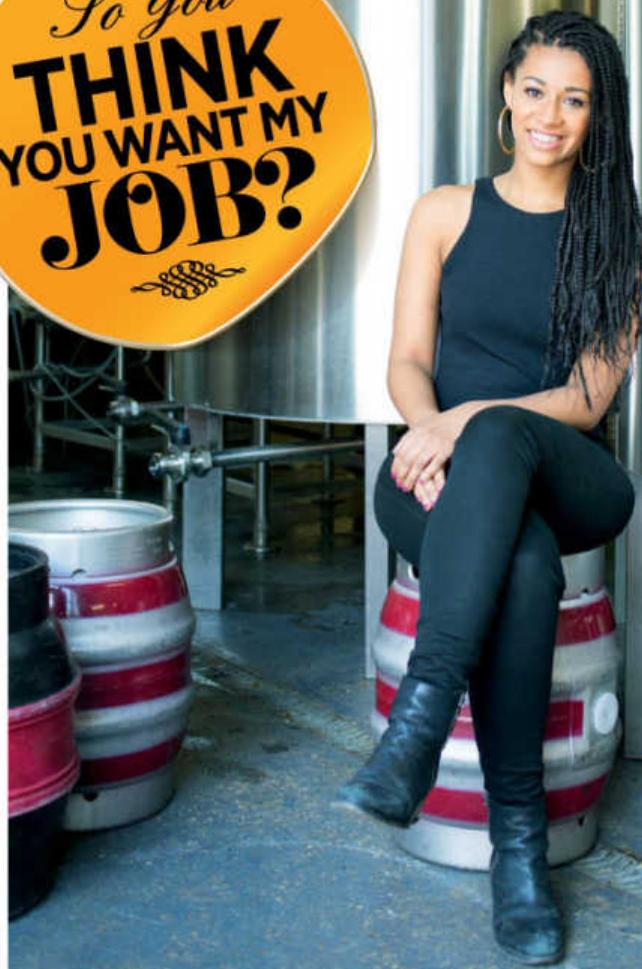
**How does it work?**

The micelles (cleansing agents) within it act like 'dirt magnets', lifting away make-up and impurities in one step.

**How do I use it?**

Simply apply to a cotton pad and gently wipe across your skin.

**GARNIER**



*Jaega Wise, 27, is head brewer at Wild Card Brewery in London*

**I started out home brewing at university as it was cheaper than buying cans.** Years later, when my friends wanted to start a brewery, I jumped at the chance to swap my desk job in chemical trading for beer. Now we brew about 12,000 bottles a week.

**I've got the freedom to think, 'I want to create a new beer today! and go for it.** Brewing combines my passion for beer, my creativity and my degree. We brew four times a week and I'm involved in all aspects, from sourcing ingredients to printing labels.

**It's so cool taking recipes from idea to pint glass – I'm inspired by trying different beers or reading about new flavours.** Our Jack Of Clubs beer has hints of cherries, caramel and digestive biscuits!

**I love matching beer with food.** There are flavours you'd never think of putting

together – for example, porter (a dark beer) is brilliant with tiramisu.

**Traditionally, beer was made and consumed by women (Queen Elizabeth I drank ale for breakfast).** It was only when beer became profitable and seen as a business that it

shifted from a 'female' to a 'male' drink. We need more women in the industry – not only as brewers, but as company owners too.

**I do sample the beer, in small quantities** – I drive to work! You can tell a lot from the smell, but it's important to know how the beer performs when having several pints too. Our brewery is also a bar, so on Fridays you'll find the

whole team 'researching'.

**Hearing someone order our beer in a pub feels awesome.**

It hasn't done my love life any harm either – who *wouldn't* want a partner who makes beer?

### My mantra

IF YOU LOVE SOMETHING ENOUGH, MAKE IT HAPPEN. WE'RE CALLED WILD CARD BECAUSE DESPITE HAVING NO BUSINESS EXPERIENCE, WE JUST WENT AND DID IT.



## Smart girls' ADVICE

**'I learnt how to love my life more'**



**Nicola Cheetham, 34, deals with death on a daily basis, which makes life more precious**

It was caring for an 80-year-old man who was dying of cancer that made me realise I wanted to go into palliative care: looking after people in the last days of their lives. I was a newly qualified nurse, and seeing how much my support meant to him and his family was a privilege. After that, I began working to become a Macmillan nurse.

Day to day, I visit patients with life-limiting illnesses – such as cancer – and their families. We often think our gestures need to be big – but actually the small things, like having a cup of tea together or holding someone's hand, can go a lot further. You don't have to move mountains to make a difference.

Part of my role involves teaching other care workers how to have difficult conversations – about death, for example. One thing I always tell them is to acknowledge others' feelings – simply saying, 'You seem really upset,' can help a lot. When emotions are accepted and voiced, they can be dealt with rather than carried around all day. And that's a much healthier way to live for all of us.

In your twenties and thirties you don't often think about death. But when it's part of your daily routine you appreciate life much more. Life's short, and time is precious – and whether it's illness or something else, there's so much we can't control. But it's much easier to cope if you focus on what you *can* do.



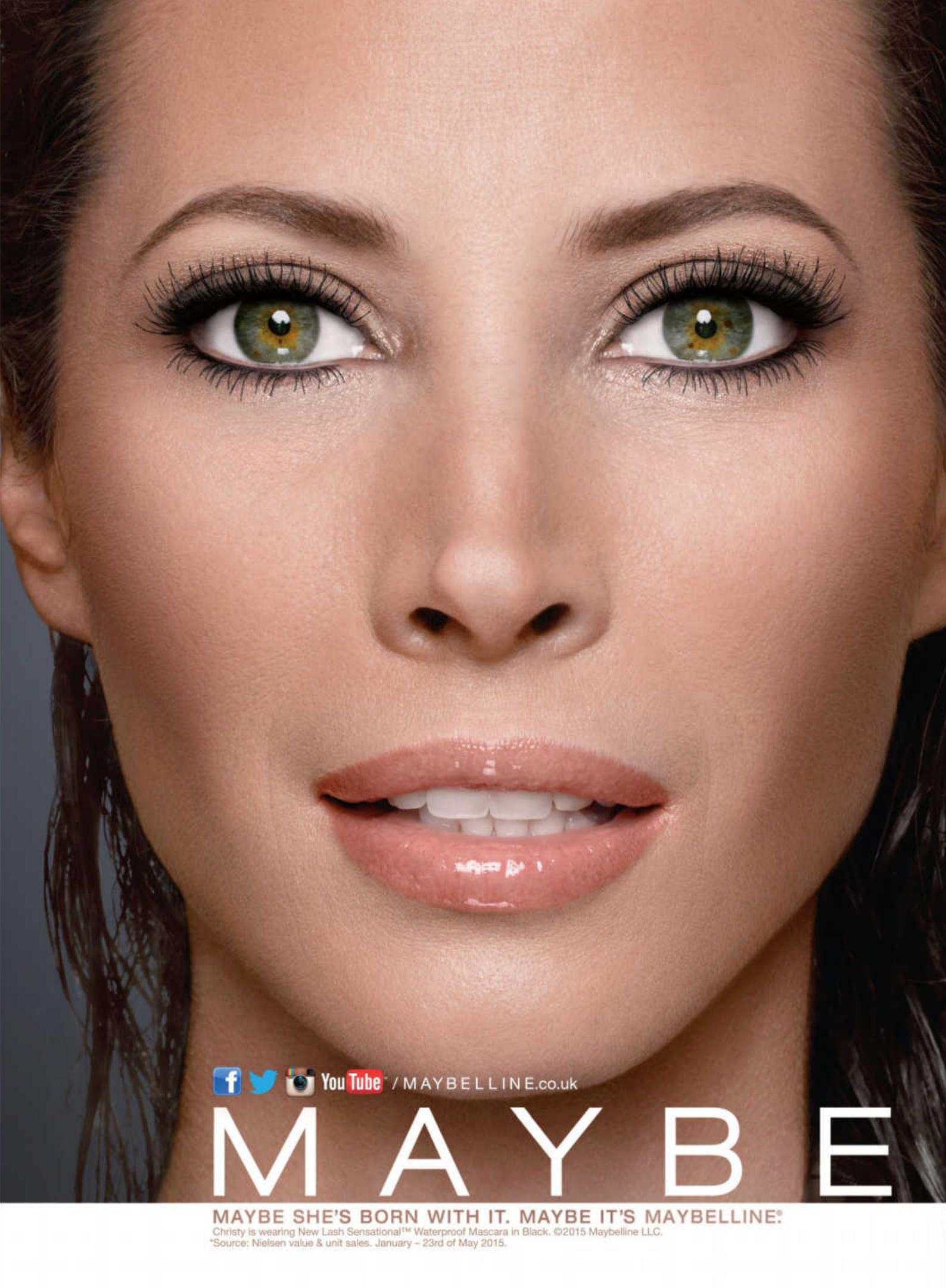
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\*Source: Nielsen value & unit sales, January – 23rd of May 2015.

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**LINE**  
NEW YORK



Girl next door: Cara and Nat play tearaway teens in *Paper Towns*

# Can Cara play anyone but herself?

New film *Paper Towns* tests her ability to work the big screen as well as the catwalk

This month, the supermodel who has spent the past four years all over the tabloids, runways and our Instagram feeds is making the leap from fashion to film. Cara Delevingne plays Margo in *Paper Towns*, a new film based on a novel by *The Fault In Our Stars* author John Green. She plays an edgy, enigmatic teen troublemaker – a role that plays up to her tabloid persona, making it hard to watch without wondering

when she'll tongue-out photobomb her love interest Quentin (played by Nat Wolff).

Back in the '90s, film academic Richard Dyer argued that adding 'celebrity' status made movies more enticing, and we can see his point. But his theory said that while Marilyn Monroe's high-profile personal life made her box-office gold, it also meant she wasn't always taken seriously and was often typecast.

There's no doubt Cara nails the part of

**The CHEAT SHEET**  
*What to watch, read and listen to this month*

## MODELS TO MOVIES

**Kate Upton** The swimwear model joined Cameron Diaz in *The Other Woman*.

**Lily Cole** Was the face of Chanel before *Snow White And The Huntsman*.

**Rosie Huntington-Whiteley** This Victoria's Secret Angel took time off to star in *Mad Max* and *Transformers*.

**Jamie Dornan** Was famous for his Calvin Klein bulge way before *Grey*.

Margo, and there's a goofy Emma Stone-like quality about her that's endearing. The difference is, Emma's face isn't plastered on front pages quite so often, and the jury's still out on whether Cara can be a little less, well, *Cara* on screen. But with no fewer than six films on the way for her, including a major role in *Suicide Squad* opposite Will Smith and Jared Leto, we don't have long to wait to find out.

**Paper Towns** is in cinemas 17 August

## BAROMETER

### Alt over it

#### NOW PLAYING: '80S VIBES

We're channeling the coolest pop decade with Charli XCX and Foxes (right, check out her new single *Body Talk*) and their sexy '80s sound.



#### THE CULT OF BAKE OFF

GBBO is back, which means it's time to surrender to Paul Hollywood's buns and Sue Perkins' puns for another season. Yum.



#### JAMIE BELL'S THING

Billy Elliot (soz, J) is *The Thing* in the new Fantastic Four film this month. It takes real talent to be engaging when you're basically playing a giant rock.



### So over it

#### DEFAULT RUDE

Way worse than the basic bitch, #defaultrude is someone who's rude to you from the get-go until they realise you could be useful to them/have Haribo.



## The Album

### ELLA EYRE, FELINE

When our cover girl Ella Eyre sings, you know about it. Distinctive, powerful and so very sassy, the girl who gave us *those* euphoric vocals on Rudimental's *Waiting All Night* is here with her debut solo album. And it's a keeper. We already know we could close our eyes and dance forever to her hit *Gravity*, and the album keeps giving with her relatable, self-deprecating lyrics ('*This is a bad idea, it's the fuck-up of the year*') in *Typical Me*. Her sound could be described as Basement Jaxx with the feel-good power of Beyoncé, but really and truly, she's all Ella.

**Out 14 August**



## The Film

### TRAINWRECK

Universally worshipped comedian Amy Schumer makes her film debut as writer, producer and star in this film about a girl (also called Amy) who, thanks to her cheating father, grows up believing monogamy is impossible. While her sister gets married and has kids, she swerves into a chaotic life of drinking and one-night stands, making you cry with laughter and cringe in equal amounts along the way. Yes, she does meet a lovely guy who distracts her from her 'trainwreck' tendencies, but any predictability is forgiven – Amy is funny, smart and compelling to watch. The only problem with this movie? Missing out on jokes because you're still laughing at the one before.

**Out 28 August**

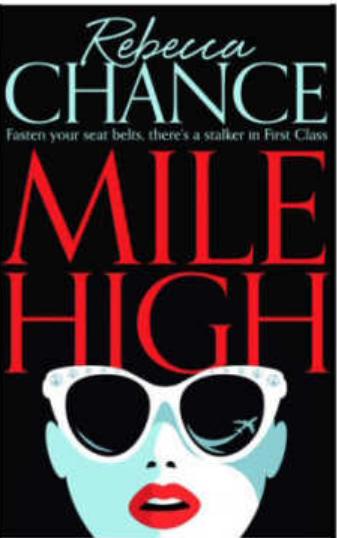


## The Show

### RIVER

Trust Abi Morgan (the award-winning writer who brought us *The Hour*) to create TV to totally move us this summer. Hollywood veteran Stellan Skarsgård (*Cinderella*, *The Girl With The Dragon Tattoo*) plays John River, a mentally fragile police officer who is haunted by the victims whose murders he hasn't solved. The strength of the show isn't in car chases or finding bodies, it's all about the power of the mind and heart, and how losing love can lead you to a kind of madness. It's quite deep, but Nicola Walker manages to keep things funny and light as River's closest colleague. Totally captivating.

**See it on BBC1 in August**



## The Book

### MILE HIGH BY REBECCA CHANCE

Take one first-class planeful of troubled A-listers, add a viciously feuding cabin crew, throw in a dangerous stalker, cram them all together on a 10-hour flight from London to LA, *et voilà*, this is one riot of a holiday read. Like all good thrillers, the appeal is in the characters. Chance specialises in creating fictitious celebrities who echo real-life ones – then she has a lot of fun with them. Enter the tightwad budget-airline owner who comes to a fitting end, and the superstar cockney chef who's harbouring a little secret. Then there's seemingly fragile Catalina – a pop goddess whose dangerous stalker has gained access to the flight and has a twisted plan to force her into the mile-high club. This one will have you glued to your sunlounger.

**Out 13 August**





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# Confessions

Because it's good to share... right?

## IT'S A SMALL WORLD...

*You never know when you'll bump into someone again*

### Big bother

At a birthday dinner, I ended up sitting next to a girl called Emily\*. I started chatting to her about my friend's boyfriend Dan\* (who I'm not a fan of) – and I confessed to taking screenshots of his gym selfies and sending them to my other friends for a laugh. This story seemed to go down well so, encouraged, I told her how my friend once made a comment about Dan's failings in bed. Not kind I know, but I was giggling away. Emily wasn't – and I soon found out why. "Dan's my brother," she said coldly. I was *mortified*, and still live in fear of Dan finding out...

**Carmela, 29, buyer, London**

### Un-ex-pected surprise

Not long after moving into a shared flat, my new housemate, Alice, came home with a guy. I could hear them in her bedroom during the night, so made an effort to stay out of their way in the morning to avoid any awkwardness. But as I was coming out of the bathroom, I bumped into her conquest. We recognised each other immediately from a fling a few months earlier! He muttered something about being 'friends' with Alice while I stood there in my cow-print PJs looking mortified.

**Liza, 26, artist liaison, East Sussex**



"So that's how  
*Breaking Bad* ended.  
Shocking, right?"

### Wee can't wait

While queuing for the bathroom at a house party, a girl pushed in front of me saying, "Look, I'm desperate." Having been in line for nearly 20 minutes and being pretty desperate myself, I firmly told her she'd have to wait her turn, to cheers from the rest of the queue. She looked me up and down before storming off,

and I thought no more of it. Until the next day at work, when I was called over to meet our new department supervisor. Yep, it was The Girl Who Needed A Wee... Thankfully, I'd already handed my notice in, so I only had to spend a few weeks avoiding her. Funnily enough, she never made it to my leaving do... **Olivia, 30, letting agent, Yorkshire**

WANT MORE CONFESSIONS?  
**COSMO  
ONLINE**  
COSMOPOLITAN.CO.UK/COMMUNITY/CHANNEL

## Mutually un-exclusive

When Nick\* asked for my number in a club, I said yes – he was my type, into rugby with tattoos. He invited me on a date and over dinner, we talked about the team he played for. When he mentioned another player, Mark\*, I went red – as I'd recently had a fling with him! Nick noticed and asked 'how well' I knew Mark, which I awkwardly laughed off. Thankfully, he didn't ask any more – but when we got on to the subject of his tattoos, it turned out I'd also slept with the guy who'd designed them. I was *so* bad at hiding it, Nick asked outright, "So, exactly how many of my friends have you slept with?" to which I replied, "Two... and a half" (I'd also fooled around with his housemate). There was no second date, but we're still friendly – we have to be, as we have so many 'mutual' friends!

**Bethan\*, 25, paralegal, Essex**

## Tind-errr

I was telling my friend about a guy I'd been chatting to on Tinder. He was totally hot, but his face looked *really* familiar and I couldn't work out why. Showing her his picture, it quickly became apparent – he was her ex. I was *so* embarrassed – even though they'd broken up before I became friends with her, I knew what he looked like and couldn't believe I hadn't recognised him. Needless to say, there was no date. **Kate\*, 28, teacher, Nottingham**

## Love thy neighbour

At school I'd had a huge crush on a guy called Tom.\* So my inner teen was thrilled when I bumped into him on a night out. We got together but I later discovered he'd been on his stag do that night. I was obviously not happy and decided to forget him forever. Then a few months later I met a new man, whose mum just happened to live next to Tom and his wife... Tom's face when I answered the door to him one day was a picture. Even worse, when I moved in with my boyfriend's family, I saw Tom and his wife on a daily basis.

**Ella, 29, writer, Cheshire**

## MEN CONFESS



# LIFE'S A BEACH

*Sometimes fun in the sun can leave you with more than just a tan...*

### BANANA SPLIT

On holiday with friends, we saw a set of *huge* footprints in the sand. The stride was massive and the girls were saying, "Wow, he must be a big guy!" I then found myself claiming I could *easily* do strides that large, and set to it. But on the first step, my shorts split *all* the way up. That's the last time I try to compete with a giant.

**André, 28, digital cinema masterer, London**

### SINK OR SWIM

Not wanting to admit I can't swim, I agreed to go out to sea on a pedalo with friends. Returning to shore, one guy thought it'd be funny to rock

the boat, and of course we capsized. As I fell in, the pedalo hit me on the head. Seeing my life flash before me, I frantically splashed around, screaming... until I realised we were right by the beach and my feet could actually touch the bottom. I emerged from the sea to find my mates in hysterics. I've never lived it down.

**Robin, 24, PR, Manchester**

### IN THE BAG

In Spain, a few friends and I took a tip from a local and headed to an island. He'd said the water was shallow enough to walk there, so we waded in with our bags, only to find the water was so

deep we'd have to swim. Hoping to look brave, I swam ahead, but caught my foot on a sea urchin. I thrashed about in agony for ages – rucksack still on my back – while a group of girls on the beach began pointing and laughing. Finally I gave up and hobbled back, leaving my passport, money and phone (which had fallen out of my bag) somewhere on the seabed... **Josh, 23, sales support worker, Essex**

### SPEED-OW!

Strolling to the beach with my friend Alex, I noticed an older guy wearing a *really* unflattering pair of Speedos. As I turned to point him out, I slipped on some seaweed and grabbed Alex – whose reflex action was to punch me in the face, causing my nose to explode with blood. It felt like the entire beach turned to watch me yelling, and bleeding profusely. I spent the next hour in the hotel bar with an ice pack on my face. That'll teach me to laugh at a stranger.

**Ollie, 33, marketing strategist, Edinburgh** ♦

# Ultimate Blends

HONEY TREASURES

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## 5

# things you need to know about Alexander Skarsgård

**1** The epitome of Scandi cool, Alex was born and raised in Sweden by his doctor mum My and his A-list actor dad Stellan. But, keeping it real, he supports Leeds United FC, having spent six months studying English at Leeds Metropolitan University.

**2** He was the guy smogging Lady Gaga's face off in her *Paparazzi* video in 2009. These days, his lips are more likely to be found attached to girlfriend Alexa Chung's.

**3** Alexa's laid-back attitude was clearly a winner for Alex, who once said, "My family has a small cottage in the middle of nowhere in Sweden. It has no phone, TV or shower. You have to swim in the lake to wash. I love it. Taking a girl there is a good indicator of whether she's right for me."

**4** He made his big movie debut in *Zoolander*, but it was his sexy vampire Eric in *True Blood* that showed he was more than just really, really, ridiculously good-looking.

**5** Alex raises his left eyebrow in such an insanely attractive way, his fans have given it a name: The Skarsbrow. Catch it in action in his latest film *The Diary Of A Teenage Girl*, also starring Kristen Wiig.



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# SEX & THE SINGLE GIRL



Follow Lauren @Franklinsays

Is it possible to learn to fancy someone? asks **Lauren Franklin**

**L**et's talk about attraction. I met Tom\* on Happn. It took three months to cement a date, but we had great WhatsApp rapport, so I couldn't wait to meet him. And sure enough, our chat was great in real life too – he was hilarious, clever, charming. But... *but*... I didn't think about kissing him once.

I know looks are subjective. One woman's Shane MacGowan can be another's Ryan Gosling, and Tom clearly turned other women's heads – just not mine. At the end of the night he leant in for a kiss, and he was so lovely he didn't deserve the embarrassment of rejection. And maybe if I kissed him, everything would fall into place. After all, he *was* lovely...

Nope. The kiss was *so* awkward. And as I can't stand awkwardness I decided to fill the silence afterwards by *mentioning my really small tongue*. "I couldn't even latch on when my mum tried to breastfeed me!" I chirped, poking it out.

Weirdly, Tom messaged the next day being his usual charming self. He told

me he'd had a great time, was *astounded* by my freakish tongue, and asked if I'd like a second date. Instinctively, I wanted to see him – who wouldn't want to hang out with someone so awesome? And maybe first-date nerves had got in the way of attraction?

Date two was a picnic in the park, watching the sun set over London. There was nothing not to love. But was the attraction there? Hell, no.

My feelings seemed to make *no* sense, so I visited my friends Chrissie and Jack. They've been together for five years and are like parents to me – feeding me, guiding me and offering me love advice.

"Oh, I didn't fancy Jack *at all* until I slept with him," said Chrissie. While she'd loved everything else about Jack, she was worried she saw him as just a friend. But, when they finally had sex, it was so hot and explosive, she's never so much as fancied a guy off the TV since.

Indeed, studies have shown that a woman's attraction to her partner grows with her feelings towards him, and sex releases chemicals that cause feelings of attachment. So if Tom was great in bed, I could ignore the attraction thing and go straight for the falling-in-love part.

Reassured, I accepted an invitation to dinner at Tom's. I shaved my legs, fake-tanned and wore underwear that sort-of matched. I was *ready*.

Dinner was wonderful, he was totally charismatic... and I spent the whole time thinking, 'What's wrong with you? Just fancy him!' I mentally repeated Chrissie and Jack's story like a mantra

until it was time to move things into the bedroom.

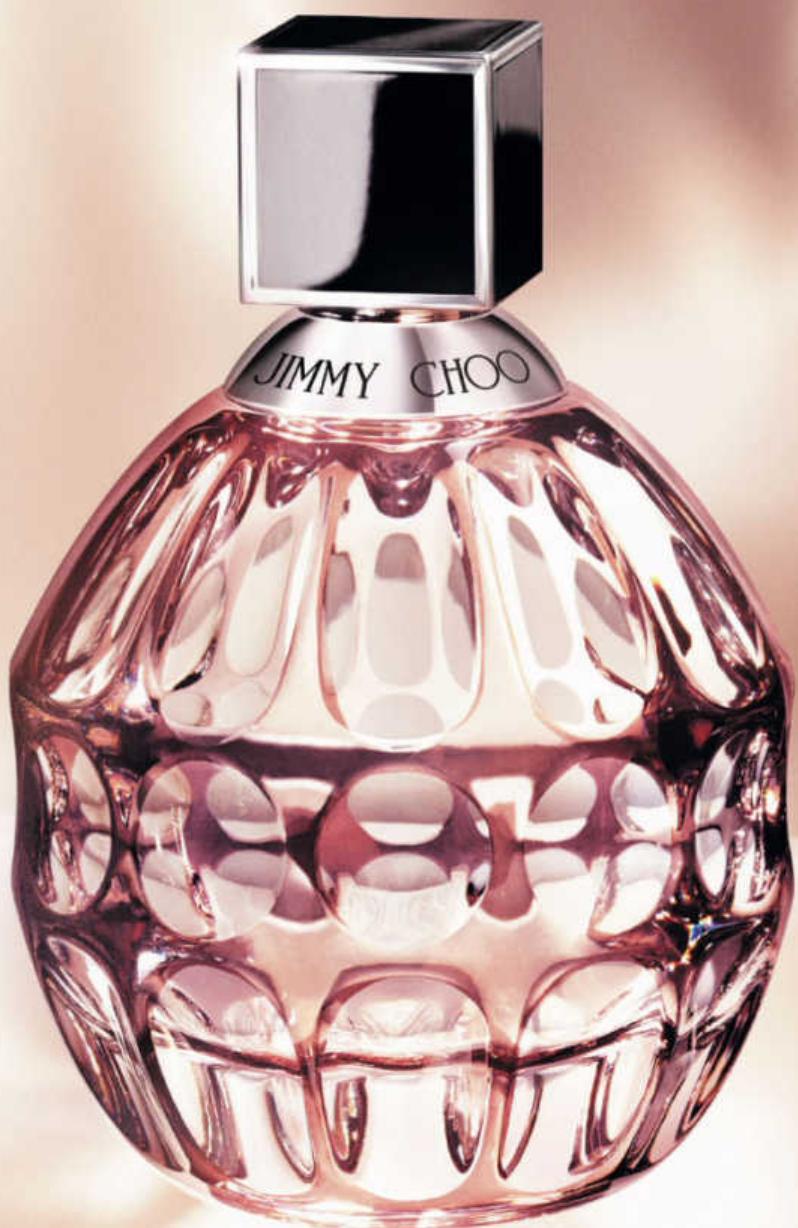
I won't give you the full version, but 'highlights' include uncomfortable laughter, cold hands, a conversation that went, "We just need to get the angle right," and me dashing off to pee.

When I returned, Tom was politely pretending to be asleep. Well, we tried. The next day, we agreed to go our separate ways. The absent attraction still baffles me, but I'll use my D in GSCE science to hazard a guess: chemistry is something you just can't fake.

**'There was nothing not to love. But was the attraction there? Hell, no'**



# JIMMY CHOO



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\*Oily extracts.

\*\*Instrumental tests on shampoo & conditioner vs unwashed hair.

**L'ORÉAL**  
PARIS

A woman with voluminous, curly hair in shades of brown and blonde, wearing a black fringe dress. She is smiling and looking towards the camera. The background is plain white.

All eyes  
on  
you

A full-page photograph of Ella Eyre. She is wearing a black, off-the-shoulder, fringe dress. Her long, curly, blonde and brown hair is styled in loose waves. She is smiling broadly, showing her red lipstick, and looking towards the camera. Her left hand is raised to her hair, and she is wearing a large, ornate ring on her middle finger. Her legs are crossed, and she is wearing gold-colored high-heeled sandals.

**She's the girl  
with the big voice,  
hits and hair. Now,  
with her debut  
album set to drop,  
the world is about  
to find out why  
Ella Eyre is such  
a force to be  
reckoned with...**

*Interview*  
**SOPHIE GODDARD**  
*Photographs*  
**BEN RIGGOTT**

You quickly get a sense of a star when you see how they behave on a shoot. When, mid-pose, Ella announces she's thirsty, instead of waiting for an assistant (FYI, there isn't one), she apologises for interrupting and grabs a bottle of Diet Coke from the fridge. When she can't find an opener, she shrugs and opens it... with her teeth.

**The MOBO Best Newcomer 2014 and Brit Awards Single of the Year winner 2014 with Rudimental – opens bottles with her gnashers. Clearly ego *isn't* an issue...**

**You've featured on loads of huge singles, but now your own album is coming out. How does that feel?**

"Most people know me for my dance music, so I'm really excited to show everyone a different side – especially since I've written this entire album. I'm *so* passionate about it – even down to the picture we should use for the cover."

**So, you're involved in everything?**

"Yeah, even my outfits. If I don't want to wear something, I won't. The thing I love about clothes and makeup is that when you get it right, your whole demeanour changes. When I'm on stage – in front of god knows how many people – the last thing I want to think is, 'Do I look fat in this outfit? Are my nipples showing?' All I care about is making sure the crowd go home having had a really good time."

**You wear trainers a lot – are you against the whole 'sexy pop star' thing?**

"It's not that I *wouldn't* do it – I love getting dressed up, especially now I'm working with Armani [Ella is the face of Armani Diamonds] and get some *amazing* clothes – but I'm quite a sporty, athletic person [as a teenager, Ella won a scholarship to the prestigious Millfield boarding school where she trained as a competitive swimmer before joining the Brit School]. I go to the gym a lot – it's

something I've always done. My stage presence is lively and animalistic, so I want to be comfortable. I feel like if you're wearing a bra and pants on stage, no one is listening to your lyrics – well, I'm certainly not. I'm thinking, 'Wow, you look great in that,' rather than, 'This is a really vulnerable song.'

**You must have had some serious 'pinch-me' moments in the past year...**

"Playing Glastonbury was mad. And when I was part of the *One For The Boys* cancer-awareness campaign I performed an acoustic set with Paolo Nutini at a small, intimate dinner. I sat with Alice Cooper, Samuel L Jackson and Stanley Tucci. They're legends and they were chatting to me about my childhood and swimming. It was such a memorable moment, because these incredible people have achieved so much and they're asking what stroke I'm good at!"

**How are you coping with fame?**

"Sometimes people forget you're a person and have a private life. I don't like having my picture taken in the gym. It's my shutdown zone – I'm covered in sweat, it's the worst! I never say no, but when you see the picture you're like, 'For fuck's sake, why did I say yes?'"

**Any weird fan moments?**

"The guy in my launderette used to recognise me and once he asked me to

Facetime his daughter (I did). But then he was like, 'From now on, I'll do your washing for free!' and I was like, 'No, I'm happy to pay, I've been coming here for ages.' Every time I went in, he refused and did it for free. But he'd ask for a picture too. Then I found his Instagram page (he'd commented on my pictures) and... well, it was just *all* me. Like zoomed-in photos of my abs saying things like, 'So sexy?' I found that a bit weird! But no matter how strange situations are, I have to remember you can't help how you affect somebody. I'm grateful that I've had an impact, because that's why I'm here."

**Which artist's career would you most like to emulate?**

"Adele is a huge idol to me. I remember going on a school trip to see her perform at the Brit Awards, so to think I've now actually won a Brit is surreal. She was fantastic on her first album, but her second album made her. There's so much hype around my first album and a huge amount of pressure, but I'm thinking of it as a learning curve – I was only 16 when I started writing it. Taylor Swift is amazing too. I think a lot of people underestimated her influence on the music industry [before the whole open letter to Apple thing]. She's very much in control of her life – she's definitely an inspiration for young women who are unsure of who they want to be."

**There are lots of amazing women in the industry now...**

"Yeah, it's great. The most refreshing thing is seeing people come up, and not having that jealous feeling of, 'I hope you don't do *that* well...' Everyone is so supportive – especially the girls, like Jess Glynne. I love her music, and her. We announced our albums on the same day and everyone was like, 'Oh, it's a competition,' but I don't see it that way at all. If anything, it's a powerful message for girls to stick together and support each other instead of thinking, 'Bloody hell, she's No.1 again.' I'm really proud to be a part of that."

**Your parents split when you were a child. Did that make growing up tough?**

"They broke up before I can even remember – my dad lives in Jamaica >



## Woman we love

now, but he was around when I was younger. People ask me what growing up in a single-parent family was like, but it's actually been an easy situation to handle. My parents have a good relationship – which is great – and I have a half-sister from my dad's side who lives in America. A few years ago, I flew my mum out to see my dad because they're close. It's nice because you hear stories of how kids can't see their dads, or can't be in the same room as them... and it's not like that for me. It's nice knowing I have a dad who cares about me, but I consider that my mum brought me up on her own. I don't feel like I've missed out on anything to be honest – she couldn't have done a better job."

*It sounds like you're really close.*

"Yeah. She keeps me in line though – she's always like, 'Stop swearing on Twitter!' But she didn't mind, 'Let that motherfucker burn' [Ella's famous chorus

**‘My mum is always asking me not to swear on Twitter’**

in *Comeback*]. When it's a justified scenario, she's supportive – and my mum has been in a few relationships where *she* let the motherfucker burn. One thing I love about that song is there's always somebody in the crowd who has literally broken up with their boyfriend the day before, and needs it. I love seeing that."

**You went to boarding school – what was that like?**

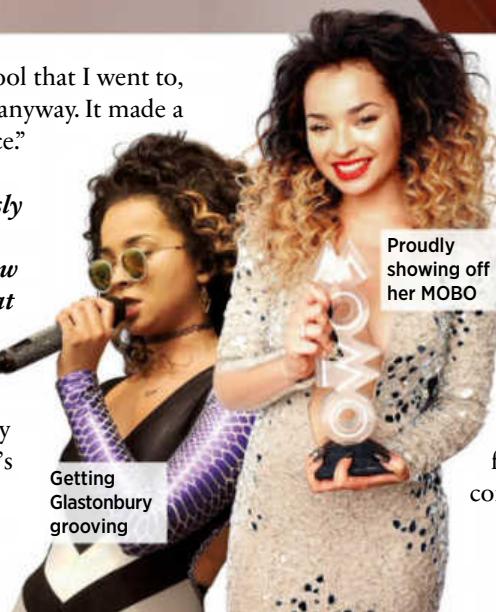
"Going to school with lots of wealthy kids definitely shaped my view of money. I'm not from a wealthy family – my mum had to remortgage the house twice to send me there – but people are still like, 'Oh, you've come from a privileged upbringing.' Well, yes, I have, in the sense that I had an education. But it was by no means easy for my mum, to whom I'm incredibly grateful. She couldn't afford to send



me to the school that I went to, but she did it anyway. It made a huge difference."

**You're obviously earning a lot more now. How good are you at managing your money?**

"I'm incredibly aware of what's going on



Getting Glastonbury grooving

money-wise. I make sure I approve everything myself. It's confusing – there's a lot to know – but I wouldn't have it any other way. If something goes wrong... well, I want to know what position I'm in, and for how long I'll be comfortable. Because >

I  
AM  
NOT  
TYPICAL

Juicy Couture



I'm so aware of what's going in and out, every once in a while I can go, 'Fuck it, I want a Gucci handbag.'

***You've accomplished so much, but there must be low moments too?***

"It's hard when I haven't seen my mum for a month because my schedule has been non-stop. Because of boarding school I'm able to go quite a long time away from home, but everyone has their cut-off point. I've slept in some amazing hotels where the beds are *much* more comfy and the pillows are much more expensive than mine... but my bed is my bed. There's nothing like home."

***Where's home to you?***

"I live on my own – I moved out when I was 18, into a place with my ex-boyfriend John [singer John Newman] in north London. I loved it because I'm from west London, so it was really new. I think I always knew my life was going to revolve around central London, and music. So when John and I split up,

I stayed. I've lived with people all my life, so I really enjoy living on my own."

***Are you annoyed you can't use Tinder now you're famous?***

"Not really! I tried to get my mum on Match.com, but she wasn't having it. I've always found that the best relationships are the ones I didn't expect – they were all right at the time."

***What's your dream date?***

"I've never actually been on a date. I rarely get asked and if I do I freak out. If I did, it'd probably involve sushi. I hate flowers. If they're from a colleague or something it's OK, but from a guy it's

such an impersonal present. I'd rather somebody bought me salmon fillets. Flowers are nice to look at, but they die; salmon fills me up!"

***You've gone out with a few guys in the industry – do you worry about being labelled a serial dater – like Taylor Swift has been?***

"I think guys in the industry get away with a lot more. The

number of girls they've slept with is never something the media really asks, but whenever a girl dates a guy it's common knowledge! Girls *can* be friends with guys as well."

***Who do you go to for advice?***

"I go to Chlöe [Howl, fellow singer-songwriter], my schoolmates, or my mum. But that's only when I'm like, 'I literally don't know what to do!' Because with my mum, when I bring minor things to her, she makes them major. But she does get a few late-night calls."

***What keeps you driven – album sales? Money? Fame?***

"The thing that drives me most is looking for that moment when all the dots suddenly join together – even if it's just for a show – and you wouldn't change a damn thing. That feeling inside of you. I've had it a few times, like at Glastonbury when I got off stage and I was lying on the floor thinking, 'What the hell just happened there?' Whatever 'that' is. That's what keeps me going."

• Ella's album *Feline* is out 28 August ▶



Practising for the stage

I  
AM  
NOT  
ORDINARY

Juicy Couture

Woman we love

# THE COSMO QUIZ

Name: **Ella Eyre**

Nickname: **EDDIE or EL**

My mood right now is:

**Content**

But could be improved/worsened by:

**Sushi**

The emoji I can't live without is:



My standard photo face is:



Life's far too short to:

- a) Not eat carbs
- b) Cry over men
- c) Bitch about each other
- d) Google yourself

**ALL OF THE ABOVE**

The lyric that hurts the most to sing is:

**EVEN IF THE STARS CAN'T ALIGN, YOU KNOW WHERE I AM**

The lyric that feels amazing to sing is:

**YOU KNOW THAT IN TIME, YOU WILL FIND, THAT THEY ALWAYS COME BACK**

The last book I read was:

**GIRL ON THE TRAIN**

When no one is looking I:

- a) Take a pouty selfie
- b) Download One Direction's music
- c) Scroll through a Kardashian's Instagram

- d) **Dance around naked**

**ALL THE TIME**



The person who I'd most like to see in the crowd at my gig is:

**KANYE WEST**

People **ALWAYS** ask me:

**CAN I TOUCH YOUR HAIR?**

The first thing I do when I walk in the house is:

- a) Take my makeup off

- b) Put rubbish TV on, like:

**LOVE ISLAND**

- c) Check Facebook/Instagram/Twitter

- d) Whip my bra off

The best thing about being Ella Eyre is:

**MY ABILITY TO SLEEP ANYWHERE AT ANYTIME.**

... and the worst is:

**MY TERRIBLE HANDWRITING.**

My friends always make fun of me for:

**BELIEVING I CAN TALK TO ANIMALS**

The thing that makes me really angry is:

**SLOW DRIVERS AT TRAFFIC LIGHTS**

If I was a man for the day the first thing I'd do is:

**BE A DECENT HUMAN BEING.**

I've tried and tried but the one thing I'll never understand about men is: **MOST THINGS**

The last text message I received said:

**"BABE, HE LOOKS LIKE A BURRITO"**

And was from:

**CHLOE HOWL**

Heartbreak is:

**TEMPORARY.**

Draw a picture of yourself here:





# I AM JUICY COUTURE

THE NEW FRAGRANCE



Juicy Couture

#iamjuicycouture



## WHO CAN STOP BOKO HARAM?

Nigeria is Africa's biggest oil producer and has one of its biggest economies. But most of its 175 million people have to live on less than \$1 a day, and crime and corruption are rife. Some say that's why the militant Islamist group will always find new recruits.



# #BRING BACK OUR GIRLS

NIGERIA

Their kidnapping shocked the world. More than 200 of their classmates are still missing, but these Nigerian girls are now adjusting to a new life in small-town Oregon.

Abigail Pesta meets four brave survivors



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**G**race slept through the sounds of gunfire in the night. Exhausted from final exams at her boarding school in Nigeria, she awoke when her room-mate, Mary, prodded her, "Get up!"

Suddenly, the girls saw a gang of men running across the school grounds. "They said they were soldiers. They said they were there to protect us," Grace recalls. "They told us all to stay together."

Terrified, the girls did as they were told. The men ran to the larder, grabbing all the food. Then they made for the admin office, shouting, "Allahu akbar! Allahu akbar!" – 'God is great' in Arabic. They set the office on fire.

"We realised they were impostors," Grace says. "They were not there to help us." But it was too late to run. The girls were forced into trucks at gunpoint. Grace sat with Mary as their vehicle roared off into the dawn. As the school burned in their wake, Grace thought, *'These men are going to kill us.'*

That was more than a year ago, in April 2014. Terrorist group Boko Haram seized 276 schoolgirls from the town of Chibok, threatening to sell them as slaves. Global outrage followed. Social media erupted with the Bring Back Our Girls campaign, backed by Hillary Clinton and Angelina Jolie. A few dozen girls managed to escape. Yet, at the time of going to press, more than 200 remain missing, despite a recent military offensive that freed hundreds of other women and children.

Boko Haram has waged an increasingly bloody war in recent years, beheading, burning alive and gunning down thousands in an effort to create an Islamic state and wipe out Western influence from schools.

At least 2,000 women and girls have been kidnapped since the start of last year, according to Amnesty International. Some were reportedly stoned to death. Today, Grace is living a world away, at a high school in Oregon, USA, surrounded by mountains.

She and three other Chibok girls are quietly finishing their education at the

Canyonville Christian Academy, a boarding school with students from more than a dozen countries. Grace wants her tale to be told – but she is not eager to do the telling.

I sense this the moment I meet her. It's a chilly spring Tuesday, and she and the other Chibok girls are relaxing after an athletics class. Cathy Lovato, the head of the school, introduces me. The girls turn to me, their faces suddenly serious. Grace barely makes eye contact.

### ADAPTING TO A NEW LIFE

For the girls, arriving in the US was like landing on Mars. They'd grown up in very poor, rural villages with no internet access and often one landline phone for an entire village. In Oregon, everything was new: winter, puffy coats, remote controls, yogurt-covered pretzels, cheerleaders, ice-skating, karaoke. They spoke little English.

The first girl to arrive, Mercy, came last November. School president Doug Wead recalls Mercy's first encounter with an escalator. As she stepped on to the moving staircase at the airport, she panicked and dropped her bag.

At the hotel, she took a bath and stayed there for hours.

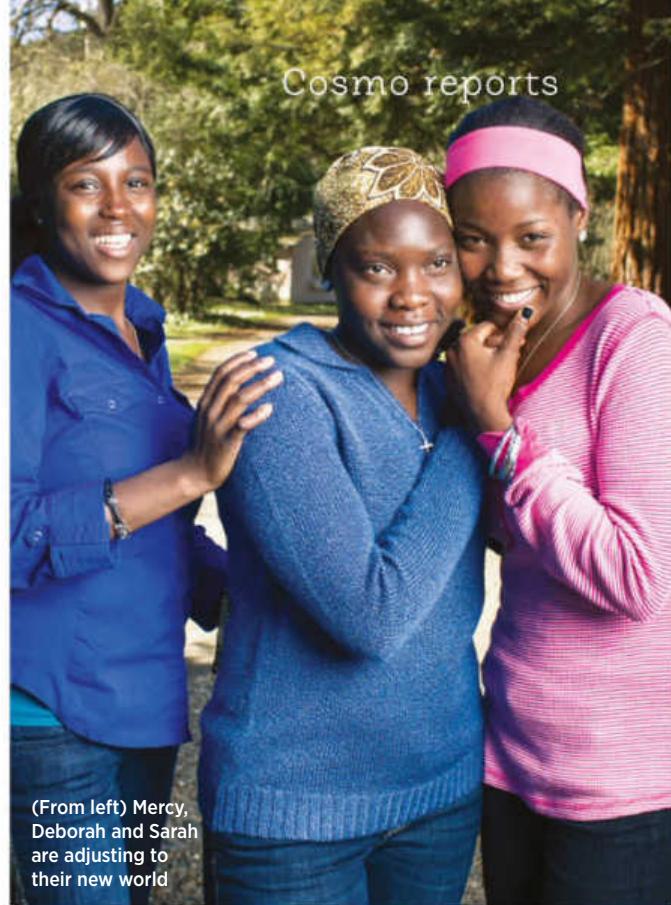
"Later, my wife checked on her, and she was asleep on the bed, on top of the duvet," says Doug. "Her coat was on, fully zipped."

The girls came to Canyonville with the help of a non-profit group in

Virginia, the charity Jubilee Campaign, and activists from Nigeria. They live in constant uncertainty, unsure whether relatives are alive or dead. They keep in touch by phone whenever possible.

Grace arrives for her interview wearing skinny jeans and flip-flops. She looks like a typical American student, except for the deep anxiety on her face.

Her counsellor, Debbie Horton, is with us. The Chibok girls, all 18 years old, have been seeing her since their



(From left) Mercy, Deborah and Sarah are adjusting to their new world

arrival in America. Grace came in December with classmates Sarah and Deborah, a few weeks after Mercy. *Cosmopolitan* is withholding their last names for safety reasons. Grace recently lost her brother, two uncles and a cousin, all killed by Boko Haram.

The youngest of five, Grace had wanted to be a teacher when she left school in Chibok. Speaking in her native language, using a translator, she begins to cry, covering her face with one hand, while Debbie holds the other. On the night of the attack, she says, the men drove the girls to a sprawling forest, shouting, "You should not have been going to school! We are in control of you now."

It was daylight, she recalls, when they arrived at the forest hideout. "The men said there was nowhere to run," says Grace. They described a wide-open space beyond the trees, where runaway girls would be caught.

### MAKING AN ESCAPE

Grace puts her head down on the table. There's a long silence. Debbie asks Grace if she wants to stop. She says no and continues, her head still on the table, speech muffled. She recalls an overwhelming urge to escape.

She told Mary she had a plan: she would ask the men if she could go to the toilet in the bush – then run. Mary wasn't sure; the men were escorting

girls to the bush and could shoot them dead.

"I decided I'd rather die trying to escape than be killed by these men," Grace says. She stuck to her plan, running for her life. As she crashed through the dense forest, she had no idea where she was going.

Out of the corner of her eye, she could see other girls fleeing as well, in all directions. Mary was one of them – she'd decided to run after all. But Mary was running in the opposite direction.

Grace made it to a nearby house, which another girl had also found. But they were far from safe. Boko Haram men burst in, asking the family, "Are you harbouring girls?" Grace, in hiding, heard the family say no, risking death.

Later, the girls set out for Chibok. On the road, they braved a ride with a stranger. He drove them to a military post. The soldiers there gave them food, then went out to look for more girls.

Grace spent two days at the military post before the soldiers returned – with no girls. A few days later, she was driven back to Chibok. The town was in a state of panic, Grace says, with parents crying in the streets. There, Grace discovered her friend Mary had made it out alive.

Grace's brother – the one recently killed – brought her home. "My parents cried and cried when they saw me," she says. Later, an uncle heard that activists were helping the Chibok girls. A plan to go to America took shape.

## I DO NOT WANT REVENGE'

Mercy meets me with a shy smile. We talk casually in English, and she giggles about her adjustment to America. The school is arranging for her to visit Washington, DC. I tell her the president lives there with his family, showing her some photos of Michelle Obama on my phone. She studies them, transfixed.

She tells me she likes ramen noodles seasoned with Cayenne pepper. She had never used a computer before Canyonville. When the school gave her an iPad, it was the first time she had seen one. She and her friends took so many selfies, they used up the storage. Mercy says she loves basketball, where she cheers for both teams.

When we turn to the abduction, her demeanour changes. Gone is the smile,



replaced by a blank, faraway expression. It's as if she's gone to another world.

Mercy jumped off a speeding truck as the terrorists drove the girls to their camp, taking the chance that she might break her legs. She found her way back to Chibok, hiding in the bush along the way. She's not up for saying much about Boko Haram. There's one important thought she wants to convey, though.

"I pray to God to forgive them and cure their hearts," she says in her native language. "I do not want revenge."

Sarah tells me quietly in English about her experience. A petite girl in sparkly earrings, she was away from the school on the night of the attack. Staying with a friend nearby, she woke in the night to the sound of men shouting as they torched the school. The next day, she went to the charred grounds. "No one is there," she says. "They are all gone."

Among the missing was her cousin Mercy – the same Mercy who is now in Canyonville. Sarah feared she'd never see her again. "Everyone is asking, 'Where is Mercy?' My grandmother cry, cry, cry," she says. She dissolves into tears. "I don't like to talk about Boko Haram. They are bad people," she says. "Sometimes when you sleep, you dream about them."

As she speaks, she too seems to disappear into the past. Debbie helps bring her back, talking about her blouse, the table... The girls sometimes get lost in a traumatic memory, Debbie explains

later, and they need help to reconnect to the present and feel safe again.

The fourth girl, Deborah, is not yet ready to tell her story. "Sometimes they seem so young," Debbie says, "and sometimes, so old."

## A NEW BEGINNING

The girls will be in Canyonville for two years. The school had planned for one, until the teachers realised the girls only had the equivalent of a primary-school education. It costs around £25,800 a girl per year. The school started a fund but has raised only a fraction of the cost. Still, Doug Wead says, there was "never any question" about taking them in.

The school is helping them navigate their new world – how to use a stapler, the difference between deodorant and a glue stick, why people drag trees indoors at Christmas. The girls are on Facebook for the first time too. "They are learning how to private message," says dean Kim Roome. "They'll send me a note saying nothing but, 'Hi!'"

There are rough moments, though. "They're teenage girls. They miss their mums and their families," says Kim. "They want to go home for the summer, but it's too dangerous. They have nightmares. They're terrified Boko Haram will burn the school down." Kim and fellow dean Kristi O'Donnell live in the girls' dorm, and had to tell Grace that her beloved brother had been killed. "We sat with her and held her hand," says Kim. "All the girls were there."

When not confronting their past, the girls are in good spirits. On Thursday afternoon, they emerge from classes all smiles. They greet me warmly, a complete turnaround from the day we met. They're relieved now; they've told their stories.

At athletics later that day, Mercy comes off the field and picks up her iPad, joining teachers and kids on a bench. She is looking at a report about the missing girls. She shows me a shot of men on a truck, waving guns in the air.

"This, Boko Haram," she says. A day ago, she wasn't able to talk much about her ordeal. But today she wants me to see.

The school admissions director, Ed Lovato, hears all this. He turns to her and says gently, "You're safe here, Mercy." **To help the girls finish their education, go to Canyonville.net and click on 'donate to Chibok girls.'** ♦

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‘My mum loves  
my sister  
more than me’

## Whether your sister or brother was your parents' favourite, or is simply more successful than you, sibling rivalry can be hard to handle...

**O**ne of your Facebook friends has posted about her new high-flying job in the City – and more than 40 people have commented on her success, including your parents. But, pleased as you are for her, you can't *quite* bring yourself to add your congratulations. Rightly or wrongly, her achievement makes you feel worse about your own position on the career ladder. And the *really* bad part? She's your sister.

If you have a sibling, it'll be one of the longest relationships of your life. But even if you love him or her to bits, you might still be consumed with envy at news of their latest success – or even feel like you're constantly living in their shadow.

We're pretty much accustomed to feeling envious of other people's status updates. But social media has also brought to the fore 'shadow sibling syndrome' – where people struggle with their status as the 'less successful' child. And it can be made even worse if you feel one or both parents hold the same view.

"The rise of social media means that siblings' achievements (along with everyone else's) are given more of a showcase," says Dr Tina Kretschmer, a researcher on sibling rivalry. "We're constantly reminded that they're happier/prettier/richer/more successful. And the negative consequences are flourishing beyond anything we've seen before."

Kate Johnson, 33, from Essex, is a successful novelist – but admits to feeling pangs of jealousy whenever she sees photos of her musician

brother Richard hanging out backstage at Glastonbury.

"I think the world of him, but I've always lived in his shadow," she says. "He's very popular – he's a musician and tennis coach, he passed his driving test after just nine hours of lessons, and I've never seen him fail at anything. While my parents never showed any preference, he was definitely our nan's favourite – she had about five photos of him on display, just one of us both and none of me alone. Fast-forward 20 years and the same thing's happening – only this time, it's online."

"On Facebook, even our mutual friends tend to send *him* birthday messages and not me. But on the plus side, it was probably seeing Richard succeed at so many things I can't do that motivated me to find something I'm really good at."

Having sold her first novel at just 23, Kate has learnt to live with her brother's different brand of success. "Sometimes I wish I could post exciting snaps like his online – but then I get to chat to famous authors on Twitter. It might not be quite as visible, but it's still exciting. Finding my own outlet means I'm a lot less jealous of my overachieving brother."

Happily, as Kate discovered, using social media to drive your own success can have a positive influence when it comes to dealing with shadow sibling syndrome. But for other women, the effects can be devastating, particularly if one or both parents actually appears to love them less.

Around 45% of adults admit to having some type of dysfunctional relationship with a brother or sister. And for Sally\*, this was a result of feeling less loved by her mother. "Mum always disapproved of what I did – even when I did well at school, I got moaned at, and I always felt like I was never good enough, never liked," Sally says. "Meanwhile, my sister Amy\* got praised for everything she did. I had a successful career in London, a beautiful flat and was

married to a man who loved me, but I still felt Amy was loved more – maybe because she's more outgoing and fun."

"My relationship with my mum has affected me into adulthood – it really knocked my confidence. I'm very unsure of myself, and I'm always trying to please people. I hardly talk to Amy any more either – we just don't get on. It's all very sad."

Educational psychologist Gaynor Sbuttoni agrees that the impact of parents favouring a sibling can be devastating. "If a child feels they're loved differently than a brother or sister, or that a parent gives them less praise, the left-out child can grow to hate their sibling, rather than being angry at the parent," she says. "Feelings of jealousy and anger are normal, but need to be managed or they can build up and get worse and worse."

Even if you're the favoured sibling, having a brother or sister who feels pushed aside can have a negative effect. "If someone you love is unhappy, it can colour how you feel about your own success," says Professor Claire Hughes,

from the Centre for Family Research at Cambridge University. "And if the rivalry stems from a genuine contrast in how you and your sibling were treated, being the more 'favoured' sibling can also bring anxieties. You'll worry that next time it might be *your* turn to be unfairly treated."

The good news is whichever side of the fence you're on, sibling rivalry doesn't mean your relationship is doomed. "Avoid making direct comparisons," says Dr Tina. "And don't beat yourself up about being jealous, as it's not always a negative emotion; it can motivate us too."

And if you can't see any reason to build bridges with your favoured elder sister or resentful younger brother just now? Remember they're always there, for good or bad – you might unfriend them, but they're still family...

• **Need help? Find more information from the Association for Family Therapy at [Aft.org.uk](http://Aft.org.uk).** ♦

**'Even when I did well at school I got moaned at'**



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# WHY BEING SELFISH IS GOOD FOR YOU

Do you keep saying yes when you want to scream no? Maybe it's time to trade in being nice for being happy...

Here at *Cosmo* we're all about supporting each other – but there are times when you just have to put your own needs first. So if someone's demanding more of you than you can really give, how do you deal with it? We took your dilemmas and helped you work them out...

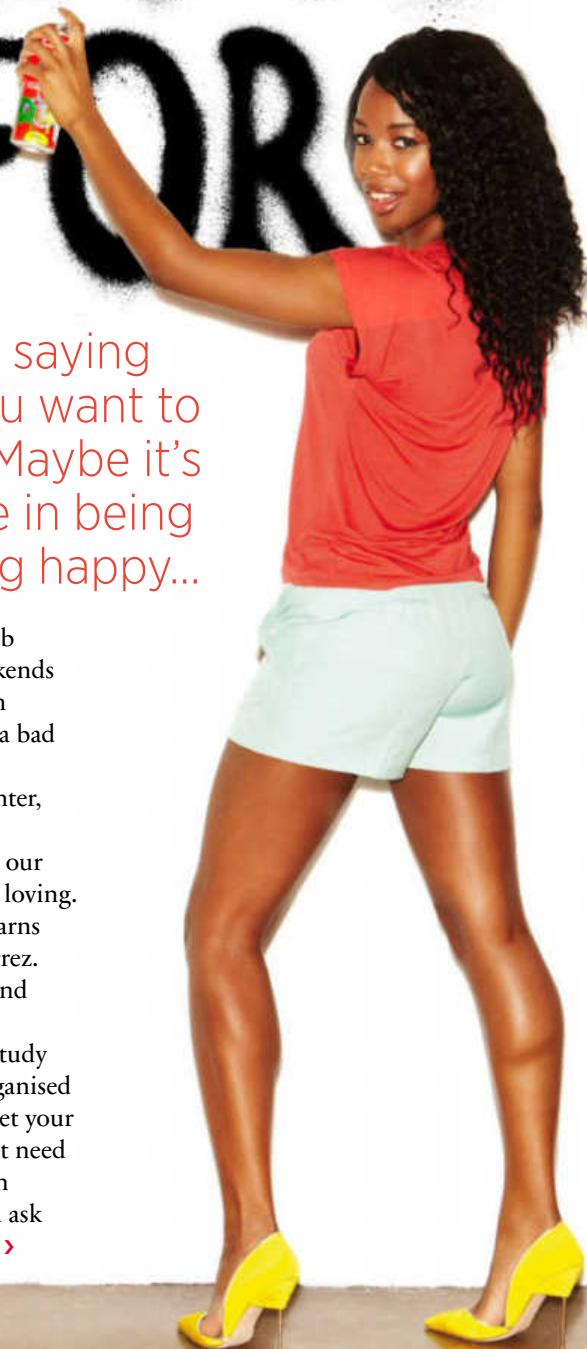
#### 'MY MUM NEEDS HELP THIS WEEKEND BUT I HAVE A DATE'

★ **The lowdown** "I'm the sister who's not married and has no kids, and I live closest to our mum (who has heart problems and can't drive), so my sister – who *does* have kids – assumes I can take care of Mum every weekend," says Jeanine, 24. "Obviously, being single means I have nothing to do all weekend, right? I love my sister, and

know she's busy with her own job and family, but I need some weekends to myself without feeling like I'm neglecting my mum, or that I'm a bad daughter and sister."

★ **The game plan** You're a daughter, *not* a doormat. "We think that by putting our family's needs above our own we're somehow being more loving. This is a huge misconception," warns psychotherapist Christine Gutierrez. "Communicate, set boundaries and put yourself first."

All caregivers need a rest. In a study on patient safety, those who'd organised support had lower stress levels. Let your mum know that you love her, but need some time for yourself so you can continue to be there for her. And ask your sister to alternate weekends ➤



or pitch in to hire someone part-time. Do what you can without burning out.

## 'MY SCROUNGING FRIEND IS DRAINING MY MONEY!'

★ **The lowdown** "One of my best friends got made redundant. So lately when we go out, I've been picking up the tab," explains Dawn, 26. "I didn't mind the first few times – honestly – but now she expects it and doesn't even offer to cover the tip! I'm trying to pay back my student loan and money is tight. I don't want to be insensitive, but I'm getting annoyed."

★ **The game plan** Go honest, or go broke. "If she's your best friend, you have to tell her the truth – that you love helping, but you just don't have enough money to spend all the time," says Christine. "Otherwise, resentments can build up." This is a great time to get creative. Whether it's watching old movies at her place or finally getting out and meeting up for a morning run, you can find cheap ways to enjoy each other's company without breaking the bank – or your relationship.

## 'MY WORKMATE TOOK CREDIT FOR MY WORK!'

★ **The lowdown** "My colleague and I were assigned a project at work, and I busted a gut putting most of it together," says Gayle, 34. "But she made the actual presentation and was the only one who got any recognition. I want to speak up, but don't know what to say."

★ **The game plan** Speak to your line manager and make it clear you were part of the project, says Anita Pemberton, managing director of personnel-development

consultancy ACP Training. "Try saying, 'As you know, I was part of this project too, but it seems like my colleague got the praise, and I'm feeling dissatisfied. What would you advise that I do?' That way, you're not blaming anyone else (the issue here is how *you* feel, not your colleague's actions). Plus, if your manager *didn't* know you were part of the project, they do now." You might, however, have to accept that some projects are about the team, not the individual, Anita warns.

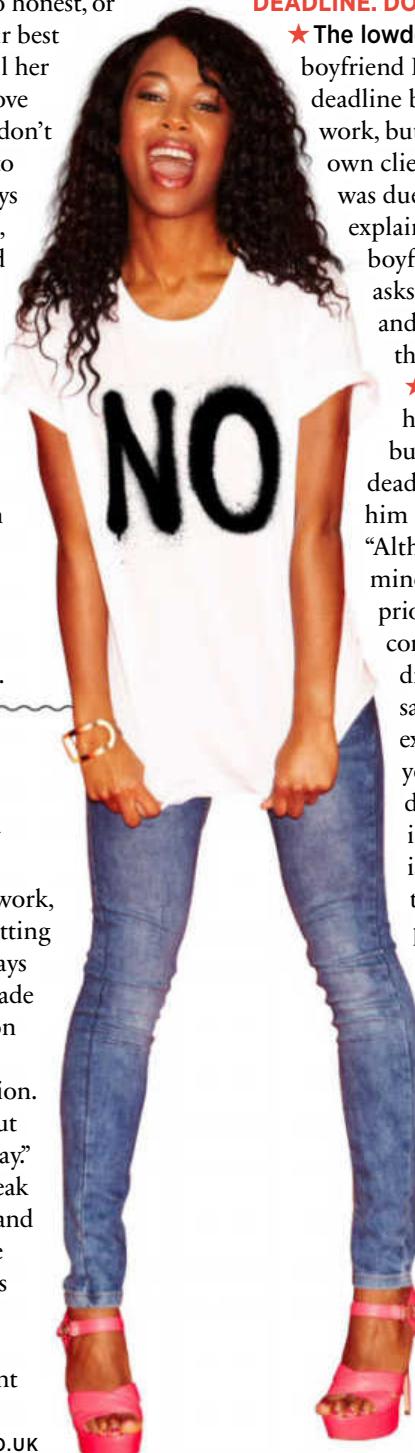
## 'MY BOYFRIEND NEEDS HELP WITH A PROJECT, BUT I HAVE MY OWN WORK DEADLINE. DO I HELP HIM OR ME?'

★ **The lowdown** "I promised my boyfriend I'd help with his deadline by proofing all his work, but I hadn't finished my own client proposal, which was due the next morning," explains Ana, 30. "I love my boyfriend, but he always asks for this kind of help, and he always does so at the very last minute."

★ **The game plan** You have to take care of business. Focus on *your* deadline first, then help him if you have time. "Although it might seem minor, disregarding your priorities and prior

commitments is an act of disrespect to yourself," says Christine. Calmly explain that you're sorry you can't help, but your deadline is just as important to you as his is to him. Remind him that this isn't an idle pastime you're talking about, but real-life

work with real-life consequences. He wants what's best for you, so you've got to let him know. Sure, it's hard to say no, but one study found that couples who have 'angry but honest conversations' in their relationships are happier in the long run.



# 3

## STEPS TO TACKLING THAT TOPIC

We asked Anita for her tips

## Adjust your ATTITUDE

Remember, the person on the receiving end might be surprised by what you have to say, so you need to be sensitive to the impact you might have. Go in with a win-win attitude, so everyone gets what they want, not just you. If you focus only on *your* needs, it can come across as selfish. You're having this conversation to improve the situation for everyone.

## ★ Plan★ AHEAD

Think about the key points you want to put across, including examples of what the person did or said, and anticipate how you'll handle it if they respond in a certain way. Be prepared for them to throw new light on the situation – you might end up changing your viewpoint...

## Own your EMOTIONS

Tell the person how you felt ('I was upset/disappointed/angry/frustrated'), and why ('Because it felt like you were taking me for granted'). Back it up with what you want to change – 'Next time, I'd like you to do things differently by...' That way you cut the accusations, and make what you want crystal clear. ♦



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# 'Yes, I think I'm smart, funny and hot...'

*Are you rolling your eyes yet? Women are notoriously bad at bigging themselves up, but there's nothing wrong with being confident, says Natasha*

There's a skill that writers like me have developed in an attempt to understand human behaviour: people watching. And one thing I've learnt through diligent people watching is that most women have a huge issue with accepting compliments. Research has shown that only half of us enjoy being praised, and that even when we are, we can take it the wrong way (we especially hate being told 'you look well'; apparently).

Perhaps it's not surprising.

An experiment by 18-year-old Gweneth Bateman looked at what happened when women accepted

**con·fi·dent** *adjective* feeling or showing confidence in oneself or one's abilities or qualities

**ar·ro·gant** *adjective* having or revealing an exaggerated sense of one's own importance or abilities

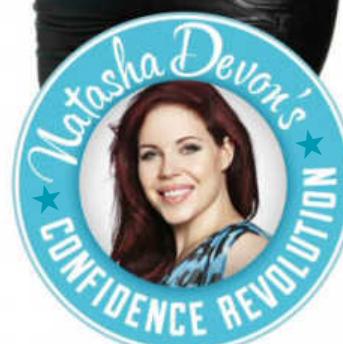
compliments from guys on Tinder. One woman was accused of being 'full of herself'; another was told she was a 'pissed-up slapper'.

In 2011, a study also found men were less attracted to women who smiled because it's a 'sign of social dominance' (\*groan\*). So is all this self-effacing a bid to be seen as more attractive, or is it deeper than that?

It's natural to want to avoid seeming arrogant. But too much self-deprecation has a dark side. Psychologists, in particular those in neuro-linguistic programming, believe reluctance to accept a compliment can be an indicator of low self-esteem.

"Rejecting compliments is a way of perpetuating negativity, whereas accepting them can reprogramme the brain into more positive ways of thinking," says therapist Lynn Crilly.

If we're constantly putting ourselves down, insisting we



don't deserve the positive comments that come our way, it's more likely to make us prone to anxiety and depression – the most common mental-health issues faced by under-thirties in the Western world. In the grips of depression, you'll think your opinions on everything are totally invalid... apart from when you tell yourself you're not good enough. *That* opinion you'll completely believe.

My new book *The Self-Esteem Team's Guide To Sex, Drugs & WTFs??!* answers the 20 most common questions I get asked when I go into schools to talk about confidence. And the most frequent is, 'If I'm confident, won't I become arrogant?'

The point is confidence and arrogance are miles apart. Confidence celebrates others' triumphs; arrogance

feels threatened by them. Confidence wants to be its best self, but knows it can't be good at everything, while arrogance will lie in order to be seen as the best. And confidence knows it is beautiful (just like everyone else), but arrogance is too busy bitching about others to see that.

Before I recovered from the eating disorder

I sacrificed eight years to, I was often accused of being arrogant. I used to walk around with my nose in the air, avoiding eye contact with people. This was a way of placing a barrier between me and the world. It wasn't that I thought I was better than everyone else; it was that I believed I was *much* worse.

It was the process of finding some self-respect, of realising that everyone is unique and fabulous – including me – that allowed me to tap into an unexplored pool of confidence.

People are hyper-aware of inauthenticity. So if you say 'thank you' to a compliment – because, although you didn't need it to validate yourself, you're grateful all the same (and yes, it *is* a nice dress, thanks very much) – you don't sound arrogant.

To smile and say 'thank you' (or, if online, to type 'thank you' \*smiley face\*) feels alien to most people at first. Yet after a few weeks it begins to come naturally. Resolve to start today and, eventually, the positive feedback you receive will start to sink in.

• **The Self-Esteem Team's Guide To Sex, Drugs & WTFs??!** by Natasha Devon, Grace Barrett and Nadia Mendoza is out 6 August (£9.99, John Blake Books)



# *Friendship is...*

## **LOYALTY, LAUGHTER AND CALLING EACH OTHER 'COWBAG'**

There's nothing better than a friend who just gets you. But sometimes it means you share the strangest in-jokes and rituals...



### **BAND TOGETHER**

I knew Jenni at school, but it was only after we went to the same gig eight years ago that we became best mates. The gig was a group called Fuck Buttons, so ever since, we've had a tradition of going to see bands with unusual names, including The History Of Apple Pie, Magic Swans and Ham Legion. The worse the bands are, the more fun we have.

 **Krista Lynch, 23, musician, and**

**Jennifer Savin, 23, Cosmo's Features Intern, both from Essex**



### **THE CHRISTMAS BOOK CLUB**

Since meeting at nursery, Laura and I always try to spend Christmas Eve together, usually at mine. Seven years ago, I decided to read out my favourite childhood story, *The Night Before Christmas*, as a joke (as she'd never heard it before), but it's

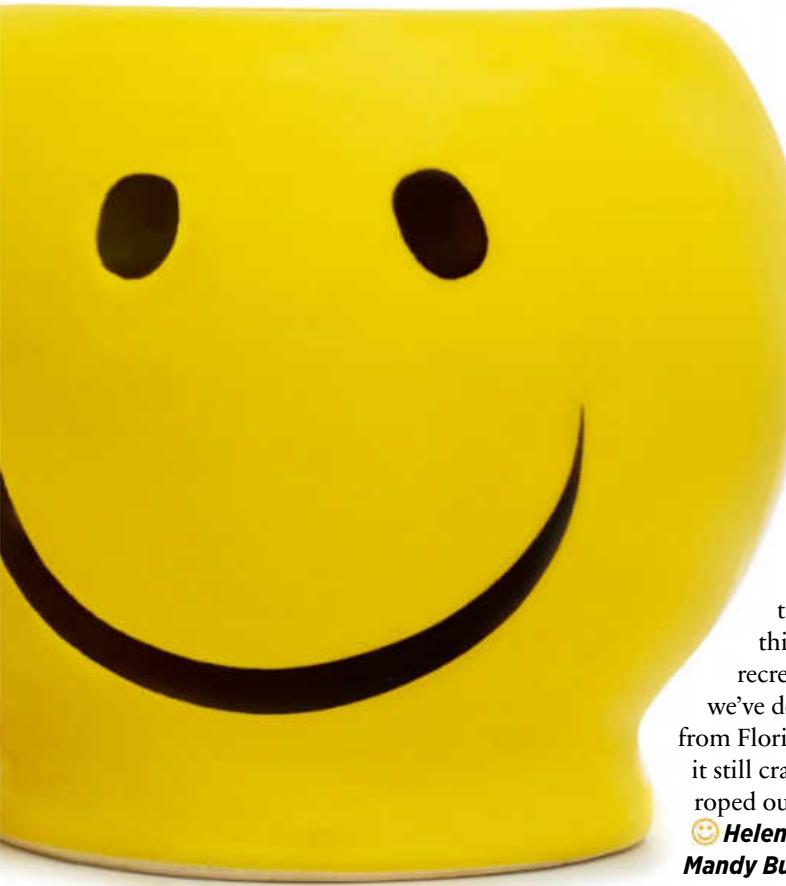
since become a tradition of ours, and now we do it every year. It's cringy, but makes us laugh and feel festive!

 **Laura Allen, 28, teacher, and**  
**Laura Swallow, 28, lawyer, both from Northampton**



### **ALL DRESSED UP**

Caity and I met as children on holiday in the Cook Islands, but as she lives in New Zealand, most of our



friendship has been long-distance. Caity comes to stay with me every summer so, during the year, we purchase two of every outfit we buy for ourselves. Then we present each other with a whole new wardrobe. It's our way of showing we're thinking of each other – and it's a pretty cool way of getting new clothes!

😊 **Hannah-Jane Churchman, 21, student, Bristol, and Caitlin Mackenzie-Ashill, 20, student, New Zealand**



### SAY IT WITH PANCAKES

After 10 years, Lydia and I are comfortable enough to be pretty mean to each other – jokingly, of course. If one of us has achieved something special, we'll send a card with a soppy message – but addressed 'Dear Cowbag' or an equally charming name, then sign it off with a lame joke! Other rituals are nicer – whenever we've had a big night out, I'll drag myself out of bed early to make her pancakes.

😊 **Megan Hogg, 23, PR executive, and Lydia Hitchcock, 23, food and beverage manager, both from Cardiff**



### NEXT TOP MODEL

I've known Mandy and Michelle since infant school. While on holiday

in New York eight years ago, we saw a girl posing really awkwardly in front of a statue in an attempt to be sexy. Ever since, we take any opportunity to recreate the pose in funny locations – the weirder the better – and share it on our WhatsApp thread. People must think we're bonkers recreating the pose, but we've done it everywhere from Florida to Mauritius, and it still cracks us up. We've even roped our boyfriends into it.

😊 **Helen Wright, 33, writer, Mandy Buckley, 33, station assistant, and Michelle Bailey, 33, insurance secretary, all from Essex**



### THAT'S WHAT SHE SAID

We love quoting lines from Bollywood films in everyday conversation, and seeing if anybody notices. We find getting other people to do the same without realising *hilarious*. Our favourite line is 'Rahul – juice? Juice?' (from *Kuch Kuch Hota Hai*), so any time we meet a Rahul, we try to set up a situation where someone says it.

😊 **Sabah Malik, 27, senior account manager, London, Anchal Gurche, 29, client services manager, Coventry, and Akriti Farmahan, 29, press officer, Newcastle**



### ANIMAL ANTICS

Ever since my flatmate Doug stumbled home with a *hideous* toy dog after a night out as a 'present' for me, we've taken turns hiding it in the other person's things. Trevor has appeared in pockets, cupboards, under pillows... even in my luggage on a trip to Vegas! When he's not off gallivanting, Trevor lives on a windowsill – he's pretty shabby, but I can't see us ditching him soon.

😊 **Terri Bolton, 26, senior analyst, and Doug McPherson, 26, PR executive, both from London**



### I'LL BE THERE FOR YOU

Ari and I met at boarding school – we shared a room for 10 years and spent a *lot* of time watching *Friends*. After seeing the episode where Phoebe describes Rachel as Ross's 'lobster', our friendship became distinctly lobster-themed. We've called each other 'lobster' ever since, and go for seafood whenever we hang out – we tried lobster for the first time together. We make each other lobster-themed cards and send lobster pictures. I even adopted two real-life ones in Ari's name as a present. She's my lobster for life.

😊 **Ellie Thomas, 23, civil servant, London, and Aradhana Rana, 23, data scientist, Hampshire**



### THE ULTIMATE COUNTDOWN

I met Clare at work, where we bonded over the 'excitement' of opening the first window of our advent calendars. The next year we were living in different cities, so I sent her a calendar to arrive on 1 December. The next year, I did it again – and again... and 13 years later the tradition's still going. To get it delivered on the right day, I've found myself running round strange cities, hunting for a courier and spending a *fortune* on delivery. One year, I made the trip to her office just before midnight on 1 December (that still counts, right?) to deliver it to a bemused security guard. I can imagine myself still doing it when we're 90...

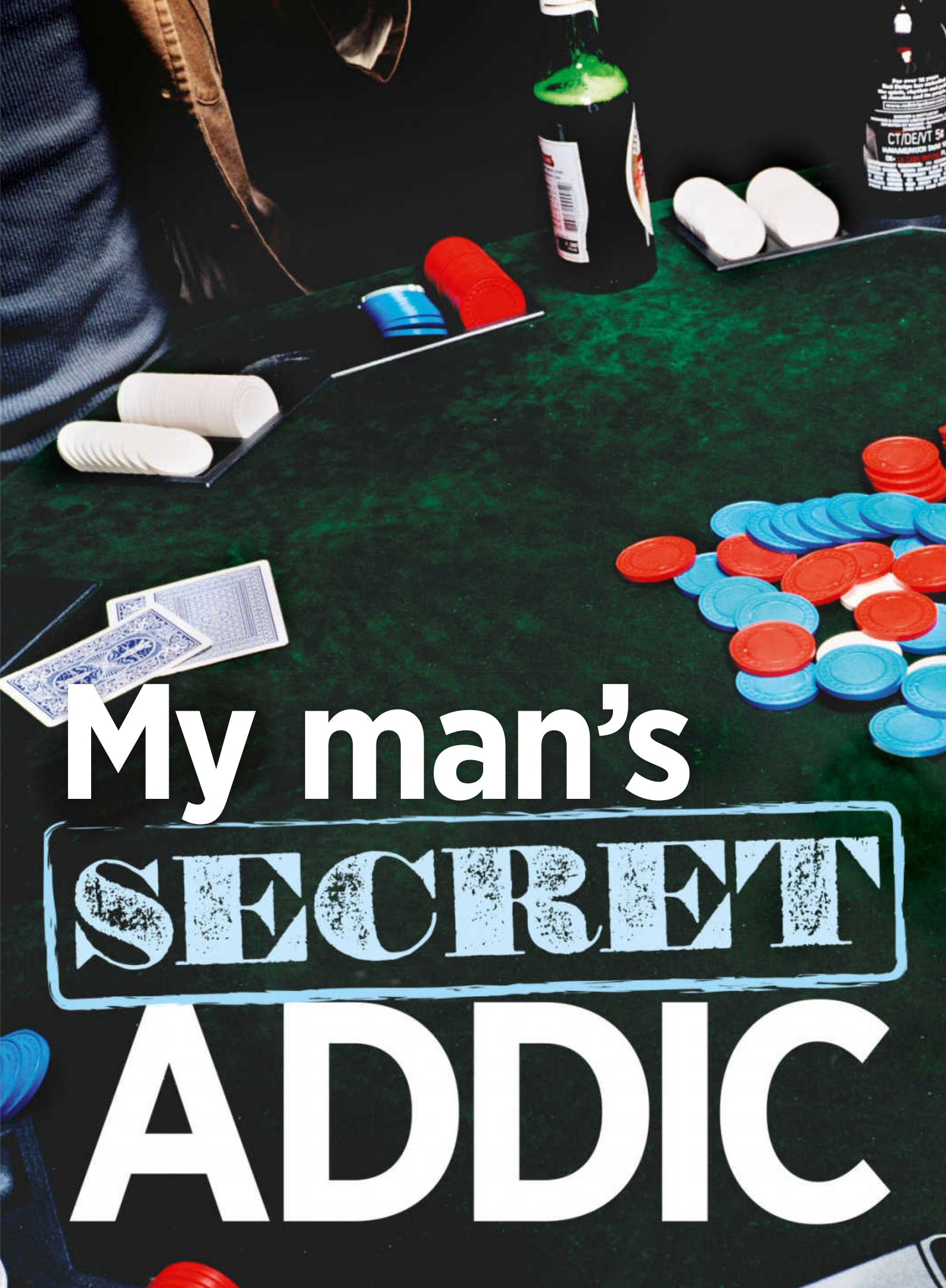
😊 **Rosie Mullender, 37, Cosmo's Features Editor, and Clare Thorp, 36, journalist, both from London**



### THROUGH TIME AND SPACE

Charmel loves travelling and we sometimes don't see each other for months at a time. But we still FaceTime and WhatsApp every single day before going to sleep – she's called me from the middle of a desert on a camel, and I've stood outside a nightclub shivering in the snow just so I could say goodnight. She's as much a part of my bedtime routine as putting my PJs on.

😊 **Isabella Silvers, 23, fashion producer, and Charmel Khajavi, 22, student, both from Birmingham** ♦



# My man's SECRET ADDIC



# TON

*What would you do if the person you loved most was leading a dangerous double life? These women found out their boyfriends had a terrible secret - and then had to deal with the fallout*



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# SEX

I was looking through a dresser drawer for a shirt for my boyfriend Joe\* when I found an old mobile phone. I started looking through the text messages and my jaw dropped. It was filled with women's numbers and tons of sent and received messages: 'Hi, this is [name] from Craigslist. I'll be there in five minutes. Let's fuck in the garage.'

My heart was beating out of my chest. But when I asked Joe about it, he had the straightest face. He said he'd found the phone in the street. I didn't believe him, so I turned the apartment upside down looking for chargers that matched it – anything to find out if it was his. I finally found a credit-card statement with the mobile purchase on it. I felt sick and stunned.

I couldn't wait another second to confront him. I drove to the train station to meet him on his way home from work. When he saw me, he knew he was caught. We both cried hysterically. I told him to give me his key and get out. He said, "It was just one person." That was the worst thing he said. Cheating on me with 'just one person' was enough. But in an email one week later, he changed that number to two. I told him, "You need serious fucking help."

"I do need help," he said. "I love you so much, you're my everything. I want to go to therapy."

Four years earlier, Joe had spotted me at a club. He was tall, dark and handsome, and there was never a lull in conversation. Everyone loved him. From day one, we had a blast. We were both hard-working and shared a dream of buying the perfect house.

Two years after we started dating, he moved into my place and we began househunting. Then, three years in, Joe became a homebody. He said he wanted to save money for the house, but when I suggested doing something free, like a walk in the park, he made

**"IT WAS JUST ONE PERSON," HE SAID**



"So anyway, about these accounts..."

excuses. Around that time, he lost his job, and I caught him looking at porn.

But that wasn't a red flag – he was unemployed and bored. I was more upset about our sex life. We used to do it three times a day; that went down to twice a week, then once a week. He

was always 'tired.' I asked myself, 'Am I settling?' But I wanted to be with him, problems and all.

I found out after we broke up that he'd been shopping for an engagement ring. He begged to come back, saying he needed help, but he wouldn't call himself a sex addict. I believe he is.

Everyone said, "You're so lucky you found out now." If I'd never found that phone, we could have got married and had kids, and it just would have kept on going. When I thought, 'Am I settling?' that was my intuition telling me something was wrong. I was settling. But I never will again. **MELISSA, 30**

## GAMBLING

Nick was my hero. He was this hot, manly man with broad shoulders. When we met in my block of flats, I felt like he was rescuing me. I was 21, living on my own and struggling to finish college. I knew on our first date he was The One. I could come home and put on my fuzzy slippers with him.

Early in our relationship, his sister told me he used to play on poker machines in pubs. She and their mum were concerned about him. I just said, "Really?" I didn't think anything of it.

After a few years of dating, we got married and had a baby. Sometimes he'd go to a petrol station and spend £70 on scratch cards. I thought it was a waste, but we were both working and it was his money. Another time, he got a big bonus from work, but the cheque never arrived. Then, weeks later, he came clean: "I bought a load of lottery tickets," he said. He kept repeating, >

"I wanted my money back; I wanted my money back." I was furious. I said, "That can never happen again." But I didn't think it was anything big. Who gets addicted to scratch cards?

A few years later, I was brought down by a serious illness. I got so ill during treatment, I looked like death on heels and I had to leave my job. During that time, Nick lost it. I turned our finances (which I'd been managing) over to him.

Suddenly, we had trouble paying bills.

We had less money after I left my job, so I blamed myself – and Nick manipulated that very well.

By the time I got better two years later and took back control of our money, he'd crafted his lies expertly. I'd see a receipt for car parts, but

I wouldn't know he was swiping the card and taking £300 cash for himself.

He was the king of cashback.

We maxed out multiple credit cards with limits of thousands of pounds.

I caught him out when I saw the bank was automatically deducting half his salary. As I picked up the phone to look into it, he said, "Kate, it was me." He'd taken out personal loans and had been scratching away thousands of pounds a month in lottery tickets – for years.

For Nick, it was a fiery, intense, instant gratification. I packed his stuff, put it on the doorstep, called his family and told them to collect him. I didn't want to see his face. Hours later, he came in hanging his head and said, "Well, I'm going away." His family told him he had to go to rehab – not only for himself but for our family. He went for a month, and I started going to Gam-Anon, which supports the families of gamblers.

I took him back because addiction is an illness. I wouldn't abandon him if he had cancer; why would I abandon him over this? People ask, "How did you not see it?" Well, because you don't want to believe someone you love is lying.

I tried not to blame Nick. He had to be humble and ask for help. That was the most heroic thing he's ever done.

**KATHLEEN, 38**

# DRUGS

I never, ever thought I'd end up turning in my boyfriend – my best friend – of seven years to the police. Will was my childhood sweetheart. He was outgoing, athletic, good-looking and kind. We both came from close-knit families, and over the years we came to love each other's relatives like our own.

About five years in, I noticed him and his friends popping oxycodone, a prescription painkiller, before going out to bars. I was very worried and confronted him about it, but he said it was just for fun, that it was under control. But then, Will started changing.

He and I had always woken up early to go for a run. Suddenly, even getting out of bed was an issue. Other times, we'd be sitting on the sofa having a conversation and he'd stare off into space. He started coming up with excuses why he didn't want to have sex. I reasoned that it was just a rut. But it got to the point where it would be three, four, five months of nothing.

Eventually, cash started going missing from my purse. Money was also disappearing from the joint account I had with my mum. Then my jewellery began to go astray. My parents told me they thought it was Will. Finally I said to myself, 'Christina, open your eyes.' I'd been in denial for two years.

When I accused Will of stealing from me, he admitted it and told me everything. Taking oxycodone once

a week had turned into twice a week, then four times, then every day. It became a habit that cost more than £300 a day. Will had stolen £30,000 worth of money and jewellery from me and my family. He said he couldn't stop taking it because when the high wore off, the withdrawal was horrible. He said he felt like he was going to die, and didn't even care if he did.

I asked him, "Why couldn't you have told me sooner? I could have helped you?" My parents are old-school, so rehab didn't even come up. The way they saw it, Will had committed a crime. My father said to him, "Should I call the police to arrest you, or will

you be coming with me to the police station?"

Will didn't put up a fight. I just stood there in shock, thinking it was the last time I would see him. I was crushed, but I almost wanted him to go to jail because I was worried he would die of an overdose.

Will was sentenced to seven years in prison and ended up serving the minimum of two. I visited him to check up on him and get some answers. He had detoxed and was sober. He actually thanked me. I wondered if I could give him another chance, but I realised I'd find it hard to trust him again.

Two years have passed, and people tell me I look so different now, that my eyes are bright again. Will's addiction was sucking the life out of me too. **CHRISTINA, 28**

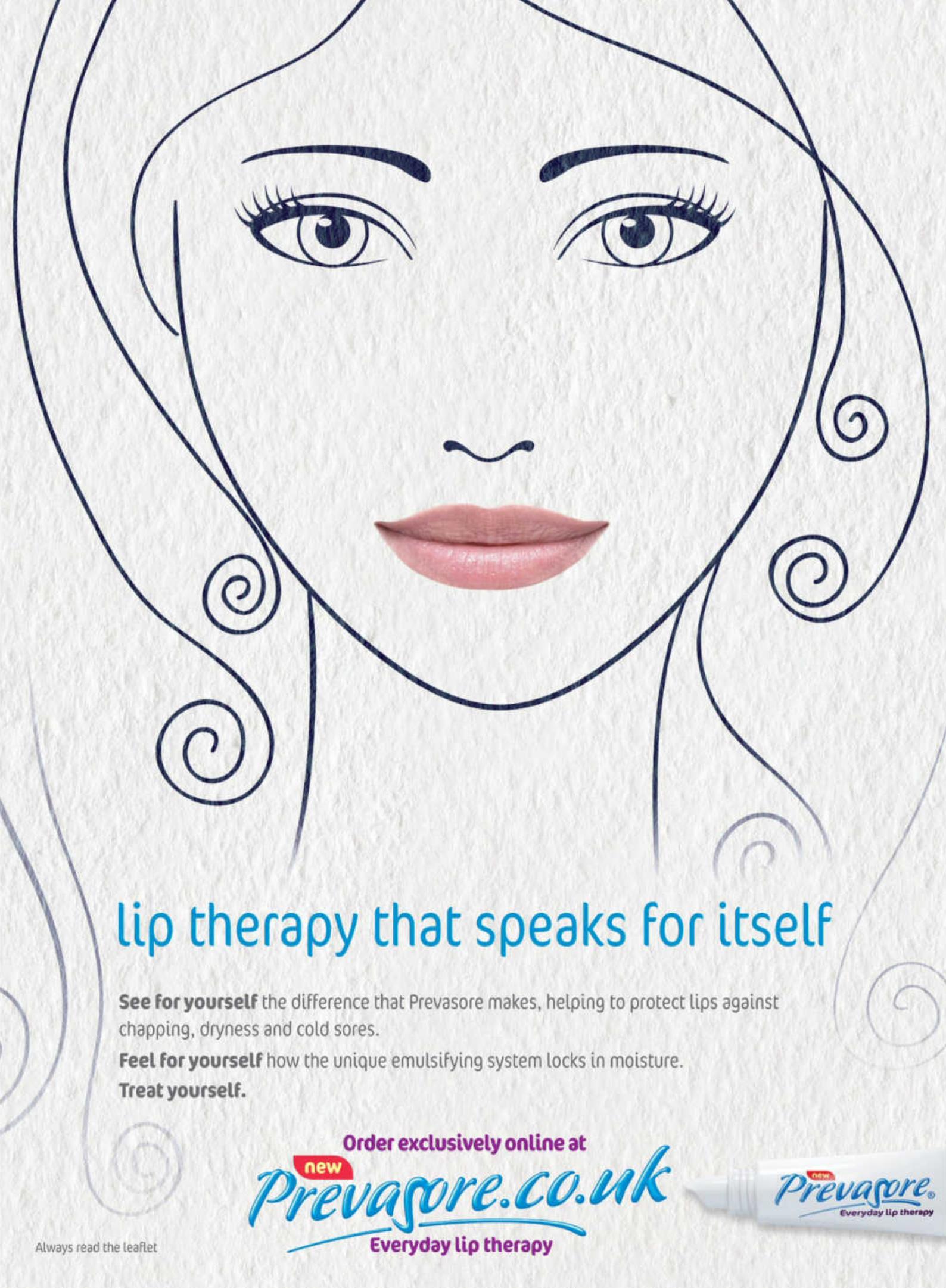
HE STOLE  
30K FROM  
ME AND  
MY FAMILY

## Are you worried your boyfriend is an addict?

- ◆ **Talk to him about it**  
If he brushes you off, share your concerns with his friends and family. Chances are you're not the only one worried.
- ◆ **Urge him to get help**  
Contact an experienced addiction counsellor

or therapist for advice. Ask whether he needs outpatient treatment, rehab or another course of action. Or call the Alcoholics Anonymous, Narcotics Anonymous or Gamblers Anonymous groups in your area.

◆ **Get help for yourself**  
Loving an addict can mean you feel betrayed. It damages your sense of trust and it can lead to depression, anxiety or trauma. It's understandable if you need therapy too. ♦



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# FROM BAD BEGINNING to HAPPILY EVER AFTER...

*We've all had one of those dates that makes you think, 'I can't wait to tell the girls about this.' But take heart – sometimes even the worst first impressions lead to love, as these women found out...*

“ Our first date was fine, but the first time he stayed over at the place I shared with my housemate... not so much. We were both pretty tipsy after an evening out, and in the middle of the night, still inebriated, he woke up to use the toilet. But instead of going to the bathroom, he opened up my housemate's bedroom door and peed all over her! She ran screaming into my room (I was still sound asleep) saying he wasn't welcome in the house and that I had to replace all her linen and bedding. I was absolutely horrified, and furious with him – hardly the best way to make an impression! He insists that

he must have been sleepwalking, and was mortified; even so, I can't believe it didn't end our relationship there and then. But I gave him another chance – and he's now my fiancé! Amazingly, he even became good friends with my housemate (it took a few months, but she did eventually forgive him), so it all worked out in the end. In fact she's even been known to make a joke of it.” **Sarah, 25**

“Don was That Twitter Guy – the stranger who replies to your every

tweet. Mostly, he'd just tell me I looked nice or crack bad jokes. But then there were the times I'd post my work online (I'm a writer) and he'd point out mistakes I'd made on a forum where my boss could see. Not cool. Not cool at all.

“He irritated the hell out of me, but seemed pretty harmless (the rest of his tweets were about gaming), so I didn't block him.

“Then one afternoon – four years after he'd started following me – I tweeted that I was feeling low. Don sent me a direct message asking if ➤

‘In the middle of the night, my date opened up my housemate's bedroom door and peed all over her!’

## Cosmo dating

I was OK – and this time, when he asked if I wanted to go for a drink, I said yes.

"I certainly wasn't expecting to be faced with a kind, clever, hilarious bloke who I felt an instant connection with. And who (as it turned out later that night) was an *incredible* kisser. Could this man – the one I'd jokingly moaned about to friends as my 'Twitter stalker' – be someone I could actually fall for?

"Yes, as it turned out – nine months on we're talking about moving in together. Our 'bad beginning' lasted four years, and I still can't *quite* believe I'm in love with that dweeby guy off the internet. But it just goes to show, you can find love in the strangest of places..." **Rosie, 35**

"It was our first date and he'd taken me to a really nice restaurant. But while he was eating, he started coughing and choking – it turned out my date had swallowed a chicken bone! I had to go to the hospital with him in the ambulance. When we got to A&E, before they admitted him and right in front of my eyes, the nurse whipped down his trousers and gave him an injection in his backside. I stayed at the hospital that evening because I felt so embarrassed for him, even though I didn't know him at all.

"When he was released the next day, he asked me for another date. We ended up being together for two years after that!" **Michelle, 27**

"The first time my boyfriend was introduced to my mum, I really wanted him to make a good impression – Mum had never been very keen on any of my previous boyfriends (and, in hindsight, she was right).

"We'd arranged to meet at an Italian cafe with outside space. Mum and I had bagged a seat right out front and we were studying the menu while waiting for him to arrive.

"Soon, we heard a car turn into the street with the music turned up annoyingly loud. I realised to my dismay it was my boyfriend in his souped-up car, and hoped he'd park out of sight so my mum wouldn't

**'In A&E, right in front of my eyes, the nurse whipped down his trousers and gave him an injection'**



"Sure, I'd love to hear *Ode To Susie*, that's not at all weird on a first date"

realise. But no, he came screeching to a halt right in front of the cafe.

"My mum made a passing remark about 'that idiot' being uncouth, but on turning to gauge my reaction to the display, and seeing my mortified expression, she quickly cottoned on to the fact that this guy was my new boyfriend!"

"And just in case that wasn't a bad enough entrance, he was also wearing a trucker cap emblazoned with the letters 'F\*CK'.

"It was an absolutely horrible introduction, but now we're happily married with two beautiful children." **Ashleigh, 32**

"When I started seeing someone who was still a virgin in his twenties, it

didn't really bother me, even though I was more experienced. I decided it just meant he wouldn't have any bad habits to break. But one month passed... then two... and we still hadn't slept together. I knew he was nervous (not helped by his friends constantly making fun of him for not 'sealing the deal'), but it really knocked my confidence. I tried everything to get him to relax enough, from flirtatiously pulling his boxers down in bed to full-on seduction before (eventually) I'd burst into tears whenever I was rejected. He held out for six long months, by which time I kind of assumed our relationship was doomed. But then, when he surprised me by saying yes, he turned out to be very enthusiastic and talented... Who knew? We ended up going out for eight years – it was well worth waiting (impatiently) for him to be ready. **Amanda, 30** ♦



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Got a #FabulousFriend?  
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women in your lives!

# Do you know an ULTIMATE WOMAN?

Every year we celebrate the achievements of inspiring women across the UK – and now, for our 10th year, we need your votes to decide our winners!

**E**very issue of *Cosmo* is made up of awesome women – from celebrities sharing their ultimate life lessons, to impressive businesswomen and kick-ass campaigners. At the end of every year, we celebrate *Cosmo*'s ultimate fun, fearless females in the best possible way – by bringing them all together for one serious party at the annual *Cosmopolitan* Ultimate Women Awards with Baileys.

Last year's winners included Ultimate Trailblazer Paris Lees, who, after a troubled childhood growing up as a boy when she felt she should have been born a girl, now campaigns for the transgender community. Other awards, at the glitzy ceremony in London hosted by Fearne Cotton (who's been with us since year one), went to iconic designer Vivienne Westwood, athlete Jo Pavey, *Girls'* Lena Dunham, *X Factor* judge Mel B, singing stars The Saturdays and Ella Henderson, and Ultimate Style Icon Abbey Clancy.

Not forgetting our Ultimate Editor's Choice, the fab Davina McCall.

Ultimate Women isn't just about celebrity, though. We also paid tribute to fearless women such as Ultimate Body Confidence Queen and Crohn's sufferer Bethany Townsend, whose bravery in posting a bikini selfie

**To nominate someone...**

EMAIL YOUR DETAILS  
(INCLUDING PHONE NUMBER)  
WITH THE NAME OF YOUR  
NOMINEE, WHY YOU THINK  
THEY'RE AMAZING AND THEIR  
CONTACT DETAILS  
TO **ULTIMATEWOMEN**  
**@HEARST.CO.UK**

OR VOTE ONLINE AT  
[COSMOPOLITAN.CO.UK/ULTIMATEWOMEN](http://COSMOPOLITAN.CO.UK/ULTIMATEWOMEN)



– colostomy bag and all – helped inspire thousands of others struggling with the disease. And Dr Neha Pathak, who led pioneering new research into the human papilloma virus (HPV) – a discovery that has the potential to save thousands of lives, as well as making uncomfortable smear tests a thing of the past.

A pretty special night, we think you'll agree – and this year, as it's our 10th awards, we want to make it better than ever. Once again we're teaming up with Baileys to invite you to join us in celebrating the amazing women in your life. We want you to nominate the women who inspire you – who do amazing things for others, often without any recognition, or who have been super-smart and successful. Now is their time. Just tell us who they are.



Ultimate Editor's  
Choice winner  
Davina McCall



Ultimate Game  
Changer Dr  
Neha Pathak

# Career tips from the \$1billion woman

*She's the self-made business icon most women thank every time they put on a dress. But how did Spanx founder Sara Blakely stay motivated when everyone said her big idea wouldn't work?*

## 1 WHEN YOU'RE STUCK, TAKE A BREAK

I was about to give up on Spanx. For a year, I'd gone to hosiery factories and all I heard was 'no.' I said to myself, 'I'm going to let it go and ask for a sign.' I gave myself a complete mental break. I just lived my life, and sold fax machines door to door. A couple of months later, I switched over to the end of *Oprah*, and she was showing the world that she'd cut the feet out of her tights so she could wear trousers. The minute I got the sign, it was full steam ahead.

## 2 PRACTISE BELIEF

Motivation is like a muscle. If you don't work out, you don't get stronger, and the same goes for the self-strength that gets us through times of doubt. I used inspirational CDs and read

positive books about people who've persevered.

## 3 VISUALISE WHAT YOU WANT

I had a flash where I saw myself on *Oprah* sitting on the stage and talking. For some people, the success they visualise might be a trip – they're on the beach in Spain at sunset – or it might be an object, such as a car, or sitting at a table of leaders. I believe that when you visualise what you want, you subconsciously start making decisions that get you to that goal.

## 4 TUNE OUT THE NOISE

The most important thing I do is be quiet by myself. I get in the car and drive around for an extra 30 or 40 minutes in the morning. Great ideas come to me when it's quiet, and I get clarity on things that I'm trying to work out.



## SARA BLAKELY WHAT YOU NEED TO KNOW

Sara planned to become a lawyer, before taking a job at Disney World, where she spent three months helping people on to a ride. She was even a stand-up comedian at one point. Varied CV, right?

It took Sara 18 months to hit on the name 'Spanx'. She knew Coca Cola and Kodak are two of the world's most recognised brands because of their 'k' sound, but eventually swapped the 'k' for an 'x' to stand out.

In 2000, Oprah Winfrey named Spanx as one of her favourite products, causing sales to skyrocket (Sara later donated £650,000 to the Oprah Winfrey Leadership Academy For Girls).

Spanx made an incredible £2.6m in sales in its first year and £6.5m in its second.

In 2013, she became the first female billionaire to join Giving Pledge, which sees the world's richest people donate at least half of their wealth to charity.

A close-up portrait of a woman with long, dark brown hair that is highly reflective and shiny. She is looking directly at the camera with a soft expression. Her right hand is raised, holding a thick strand of her hair, which is also very shiny. She is wearing a dark, round-neck top and a thin necklace. The background is a solid, dark color.

Shine so gorgeous  
I feel unstoppable.



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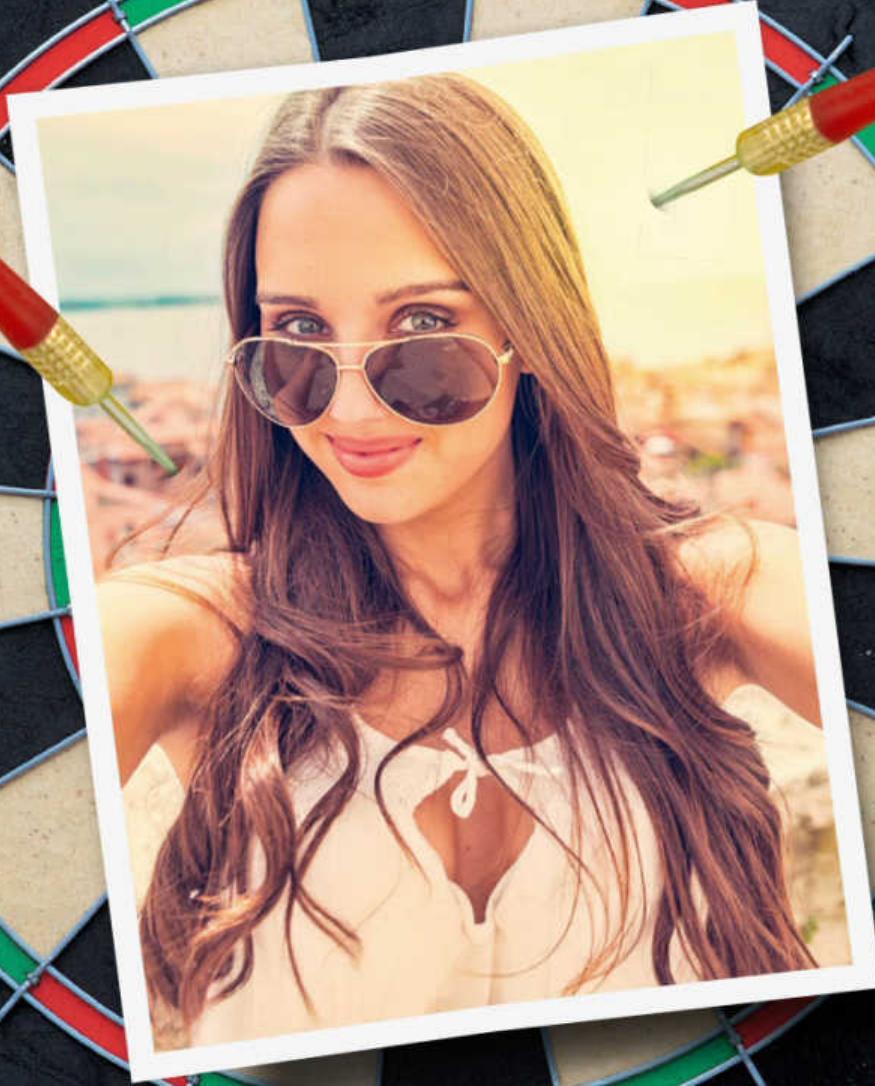
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# THE GIRLS WE HATE



# FOR NO REASON

## WHY DOES YOUR EX GETTING HIMSELF A NEW GIRLFRIEND TURN YOU FROM CARD-CARRYING FEMINIST TO REGINA GEORGE FROM *MEAN GIRLS*?

**F**or the past six months or so, my ex's new girlfriend's blog has occupied a Toxic Waste corner of my brain previously reserved for YouTube clips of other people's humiliating public fails. When I'm having an especially bad day, I Gchat her posts to my best friend Julie, so she can confirm how pretentious and mediocre this girl – let's call her Pretentia – is. Julie is game for this, because just recently I reassured her that, based on extensive Facebook stalking, she's hotter than her boyfriend's ex.

Thanks to social networks, it's become a super-common indoor sport to gather round a laptop for a thorough dissection of the women in your boyfriend's past (or your ex-boyfriend's present). Find her most unflattering angles in Facebook photos, smirk at misspelt hashtags on her Instagram, and whoever comes up with the funniest burn wins. Yet after all this supposedly cathartic cattiness, you don't even feel better, you just feel empty. Yay?

The first time I stalked her Instagram was shortly after my ex and I hooked up for the last time, when I'd heard he was dating someone new. The first photo on her feed was of him with a baby. A *baby*. From the caption, it was clear they were dating. It wasn't their baby (duh), but that wasn't the point.

After I'd finished crying in the work loos, I went into full-on search-and-attack mode. If this girl had a deleted MySpace post from 2005, I'd have found it, read it and sent it to everybody I know with a cruel subject line.

It's a paradox. Normally, I'm a card-carrying feminist, but Pretentia's social-media footprint turns me into Regina George from *Mean Girls*. Most of the women I know are the same way. They have tons of female friends and are outspoken about women's issues – but pull up a photo of their ex's new girlfriend, and they morph into a hateful Greek chorus of girl-on-girl crime. It turns out that being pro-choice is the easy part of supporting

the sisterhood. This stuff? Trickier. It's not just my friends. According to a US study, 88% of 18-35-year-olds Facebook-stalk their ex's new partner. It's impossible to know how many of those people are gleefully pointing out her acne over wine and pizza with their friends... but I'd bet it's a *lot*.

Psychotherapist Dr Leslie Bell, author of *Hard To Get: 20-Something Women And The Paradox Of Sexual Freedom*, told me there are multiple reasons we morph into giant dickheads in this scenario. Firstly, your girl-hate may be sparked by lingering feelings of your own romantic investment in the man in question.

"You're sort of still preserving him as good in your mind in a way," Dr Bell says. "On the other hand, you have no attachment to [the new girlfriend], so there's nothing lost in critiquing her and taking her down."

If the break-up was one of those volatile ones where you were brutally dumped and yet he still inevitably comes up in conversation when you've had a few drinks... let's just say I hope her Instagram's private.

But you may not even be safe in the cloistered sanctity of your own wine-and-pizza party, says Dr Bell. "You're [doing this] with your friends, but there's certainly a vulnerability. The tables could turn, and you could be the next victim." I disagree to some extent. It's actually a shameful but powerful bonding exercise.

But, at the same time, the ubiquity of the nasty habit certainly makes me more wary of befriending new women and getting a spear in the back. It's definitely crossed my mind that Pretentia and her friends have stalked and judged *me* based on my Twitter jokes, my weight, my nose and a

million other tiny, inconsequential things that I've judged Pretentia for. In my saner moments, I realise Pretentia isn't The Worst – in fact, I'd probably like her if I met her in line for an H&M dressing room. I'm guilty of the highest girl-on-girl offence: blaming a woman when I should be blaming the guy.

My ex and I had an unhealthy relationship. (I know. Shocking.) I was constantly trying to be 'better' – funnier, smarter, skinnier, hotter, more successful – so he'd stop being distant and actually commit. When he committed to Pretentia, I was astounded. Not because she sucked or anything. She is pretty, seems relatively smart and likes him. It was just that she didn't seem so objectively, next-level amazing.

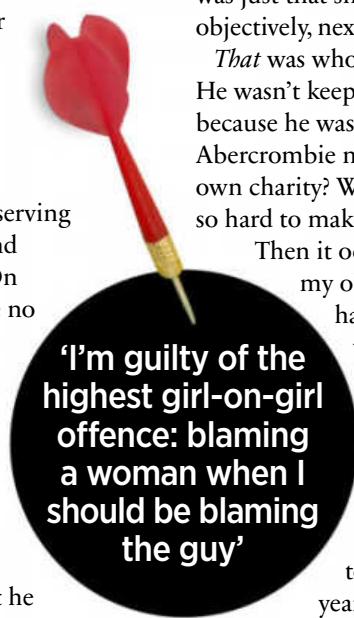
*That was who he wanted all along?* He wasn't keeping me at arm's length because he was waiting for a part-time Abercrombie model who runs her own charity? Why did I bust my ass so hard to make him like me?

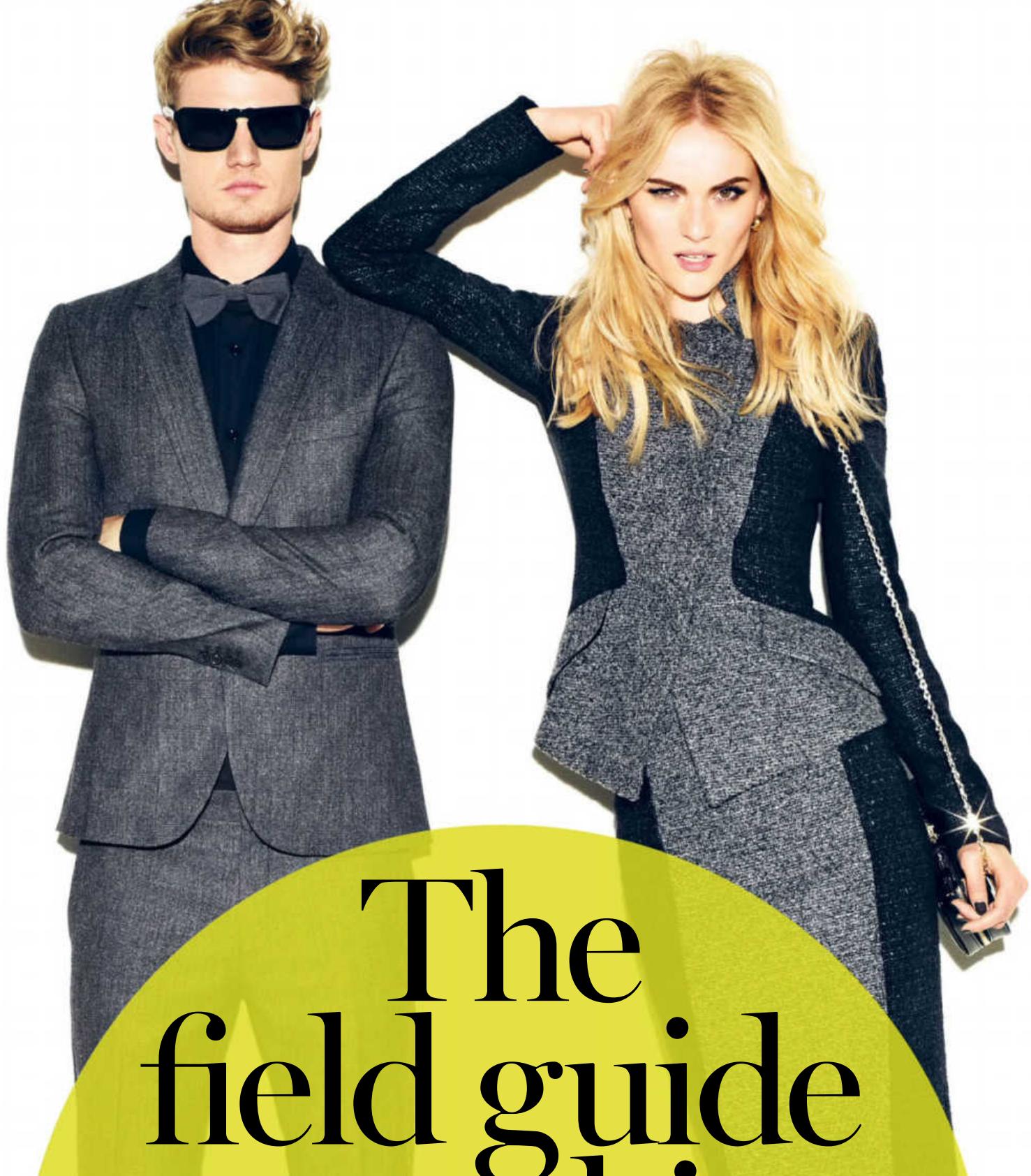
Then it occurred to me that my obsession with Pretentia had very little to do with my complete misunderstanding of what he wanted all along. He wasn't the right guy for me, but I fell for him anyway, hard enough to spend the next three years teetering on a thin

line between self-improvement and self-destruction. All I was doing was dumping the weight of these insecurities on her and giving myself an anxiety-nausea-sadness hangover by keeping up with their relationship via constant social-media monitoring, which prolonged my obsession.

This went on more or less until I met my current boyfriend, someone who loves me for who I actually am... and, uh, would probably be disturbed to find my ex's girlfriend's Insta in my Google search history.

So I let go. I stopped checking her social-media pages, even when it felt like an itch I needed to scratch. Eventually, the itch faded. If you're reading this, Pretentia, I'm so sorry I was a creep, and I'd be up for having a drink sometime. ♦





The  
field guide  
to working  
with men

The facts are, 68% of bosses in UK workplaces are male; so are 53% of our colleagues. Here's how to get the support of the men in your working life, whatever their position...

**T**here is no 'I' in success. Nor is there in power, or a fatter salary. The point is, getting ahead in your career doesn't happen on your own.

It can be hard to climb far without a professional support network, which can include work friends who have your back, a boss who knows your value or a mentor who keeps you on track. Assembling the dream team is a challenge, and it can be doubly hard when many colleagues, managers and mentors are men – who not only tend to have different ways of collaborating and communicating than women, but also tend to set the tone in the workplace.

Women today are starting their careers better educated than many of their male peers and making more money relative to men their age than their mothers did, according to Pew Research Center, but company culture comes from the top – and the top is *teeming* with testosterone. "The global average of women in senior management is 20%," says Barbara Annis, founding partner of consulting firm Gender Intelligence Group. "Leaders are slowly coming around to crack the code on that. Research shows companies perform better financially when more women are in high-level positions."

The key word: slowly. You're not delusional for wondering if you've ever been ignored or unfairly perceived simply for carrying two X chromosomes either. "It can take young women years to realise that experiences they've had in the workplace are gender-related," says Dr Melissa Thomas-Hunt, who studies gender and racial bias in the workplace. "Men and women have interacted since childhood, but the familiarity is deceptive. In the workforce, there are still organisational norms that can favour men and disadvantage women."

Our workplaces have some way to go in supporting women. In the meantime, you have promotions to grab and dragons to slay. While you should never

change who you are because of sexism, you do need skills – whether it's avoiding miscommunication or benefiting from a mentor – to make sure both men and women can help you to the top.

### When you want a mentor

Who wouldn't? But if you're hunting for one among the men, it can be tricky. Use these strategies to navigate the minefield of opposite-sex mentorship...

#### 1 **LANDMINE** Your options are men who only mentor other men

**DODGE IT** "You can earn the trust of a male superior," says Dr Sylvia Ann Hewlett, founder and CEO of the Center For Talent Innovation. She says that to attract a mentor, it's important to understand it's not all about you. "Your job is to deliver results and display a great work ethic so, in turn, your mentor can pass golden opportunities your way."

#### 2 **LANDMINE** He's very busy and unapproachable

**DODGE IT** Asking someone point-blank to mentor you rarely works. He doesn't care why you want him... but he probably would like sharing advice on something he knows. Go in prepared. Maybe note that he has a large client list and say you would love suggestions on how to grow your own – be specific.

#### 3 **LANDMINE** He's wary of looking like he's hitting on you

**DODGE IT** "Not all men are sure what the protocol is around a woman and might err on the side of caution when approaching you," says Barbara. Set up a separate meeting to discuss your development. Tell him you value the advice he's given you so far and you would love to continue your career talks.

#### 4 **LANDMINE** Mentorships aren't offered enough to women at your company

**DODGE IT** "By assigning men to mentor women, your company can

"Whenever I'm being negative, he picks me straight back up and makes me realise that things aren't bad at all."

**ELLIE GOULDING  
ON MANAGER  
JAMIE LILLYWHITE**



"During my years at [US TV show] *Saturday Night Live* my relationship with Lorne transitioned from terrified pupil and reluctant teacher, to small-town girl and streetwise madam showing her the ropes, to Annie and Daddy Warbucks... to a bond of mutual respect and friendship." **TINA FEY  
ON PRODUCER  
LORNE MICHAELS**

"[The Office creator] Greg Daniels has been key to just about everything I've done these past eight years. He's the best." **MINDY KALING**



"If Ralph believed in you, he really believed in you. And he really supported and believed in me." **VERA WANG  
ON RALPH LAUREN**

"When I first got signed I thought my whole world was going to turn around. I thought I was going to be on *Oprah* the next week... I was lucky enough to have someone like Jay saying, 'This isn't good enough. You have to find yourself.'" **RITA ORA,  
WHO IS WITH JAY Z'S  
ROC NATION LABEL**



"[Roland] helped me put a very small team together that would help turn my dreams and my designs into a reality." **VICTORIA  
BECKHAM  
ON  
ROLAND MOURET**



# GOODBYE JOB. HELLO CAREER.

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"Yes, boss.  
A satin suit  
is *definitely*  
appropriate  
office attire"

encourage male-female mentorships and create a new norm where men aren't hesitant to support women," says Barbara. Tell your HR department that you've read about other mentorship programme successes and you're game to try.

## Why it's different working with men

We know we're equal in the workplace, but that doesn't mean working with men is easy. In fact, sex-based claims now make up more than half of all tribunal cases (compared with 38% two years ago) and thanks to different working styles, miscommunication is common. "Research shows men and women have different styles of working," explains Dr Phil Burton-Cartledge, sociology lecturer at the University of Derby. "Men tend to be more competitive in the workplace – as a rule of thumb, they prefer working

alone and taking ownership for their achievements. Women tend to be more collaborative and cooperative in their communication methods, as well as more emotionally intelligent. Women tend to be more tactful too – whereas men are more straightforward and likely to speak over their colleagues when delivering information."

The best way to handle your male colleague – or boss – isn't to mimic their style entirely, says Dr Burton-Cartledge. "Stand your ground in meetings, of course, but use these differences to your advantage. Show them how valuable the skills you've learnt are (such as listening in meetings – have you picked up on something they haven't?) and that you can fill the gaps they can't. It's vital to practise delivering tough news ('Unfortunately I won't be able to take on that project because of XYZ') until you feel comfortable too."

## Does he get what you're saying?

Miscommunication can lead to conflict, especially between men and women. Here's how to stop your wires getting crossed

**THE SCENARIO** You're involved in a group discussion but your male colleagues are dominating it. Your idea is great but you can't get a word in. Or you suggest an idea that a male colleague then reframes as his own.

**HOW TO DEAL** "This is typical," says Elisabeth Kelan, professor of leadership at Cranfield School of Management. "It's not easy for women to challenge a situation like this. But she can speak to a male colleague she trusts, during a break or after the meeting, and say, 'I find it really hard when the men dominate the conversation.' Then he can call it out by suggesting, 'Why don't we hear from Sarah, she hasn't spoken at all.' Or, 'By coincidence Sarah already had that idea.'" Another smart strategy is to use humour to dispel the situation. "Make a jokey remark such as, 'That's funny, wasn't that idea suggested earlier? Oh yeah, by me!'" Elisabeth suggests. "Humour takes away confrontation."

**THE SCENARIO** Your male colleagues keep interrupting or talking over you before you've finished. "A lot of men do tend to talk over women, but it's done subconsciously," says Dr Burton-Cartledge. "From an early age, they've been socialised into being assertive, or commanding, even from the games they played as children, such as war games."

**HOW TO DEAL** "Continue speaking, even if he tries to talk over you," says Dr Burton-Cartledge. "It commands respect." Elisabeth suggests making another attempt. "Have another go at saying it. Sometimes when women take a break in their speech men think they've finished, whereas they're simply allowing their listeners to digest what they're saying."

**THE SCENARIO** You're listening to your male colleague, nodding your head and saying, 'Mmm-hmm' but you're not necessarily agreeing with all his ideas.

**HOW TO DEAL** "Nodding and agreeing encourages the other person to continue talking," says Dr Burton-Cartledge. "Women generally place emphasis on listening, cooperation and communication, but at the end of the conversation say, 'OK, I agree with you on X and Y, but have you thought about Z?'" Elisabeth agrees: "Be direct in your criticism after the other person has finished speaking. Give clear feedback, otherwise he might leave the meeting thinking you were in agreement with everything he said." ↗

# Woman vs man

Professor Elisabeth Kelan on the most common differences between men's and women's language

## SHE

says her success at work is down to luck and coincidence. It's happened *to* her, not *because* of her.



HE

describes his as *his* doing – he's in charge of it and is a go-getter.



## ACTUALLY

"This is to do with gender assumptions, reflecting old expectations of women," says Elisabeth.

## SHE

formulates sentences as questions when she's talking through her ideas, using rising intonation.



HE

thinks she's unsure about what she's saying and lacks conviction.



## ACTUALLY

"She's trying to get consent. But she should use both question and exclamation marks."

## SHE

is more likely to say 'I'm sorry' even if she doesn't really want to apologise.



HE

only says 'I'm sorry' if he's genuinely apologetic about something.



## ACTUALLY

"She's simply pointing out a problem or an issue, and this is a polite way of doing it."

## SHE

uses 'we' when talking about group work she's been involved with.



HE

uses 'we' when relevant, but 'I' when talking about his contribution.



## ACTUALLY

She's being cooperative not competitive. "It's a question of balance," says Elisabeth. "But you need to be clear what your contribution is."



# Karen Brady

## SORTS YOUR LIFE OUT

**Cosmo's resident superwoman solves your work dilemmas**



"I'm going on maternity leave in a few months' time, and plan to take a full year out. I love my job and am keen to return to my current position afterwards, but I'm worried about falling behind. What's the best course of action while I'm away?" *Amy, 26, Surrey*

**KAREN SAYS** "Show you still care about your job. Bringing your baby in or attending leaving dos are gestures your colleagues will appreciate. And be clear about your intentions before you leave. But you don't know how much time you'll be able to give until after you've had the baby, so don't commit too much. Offering one hour a week while on leave, once you and the baby are bonded and in a routine, can enable you to stay updated – schedule a weekly phone call or ask to be informed of topics, so you can offer feedback and suggestions. Reading up on industry news is an option, and if you come across anything relevant you can send a quick email updating your colleagues. You might even have time to learn a new skill that would enhance your performance at work. If you get organised now, it'll ensure you stay informed without intruding on your maternity leave." ♦



**HAVE YOU GOT A WORK DILEMMA?**

*Tweet us*

@CosmopolitanUK using #KB,  
or email  
[questionforkarren@hearst.co.uk](mailto:questionforkarren@hearst.co.uk)

## Peek in the purse of... MILLIE MACKINTOSH



"I'm quite an organised person – but packing my bag for the day is a rushed affair because I'm constantly dashing from one place to another. You'll always find healthy snacks such as kale chips or vegetable juice in there, and a pair of eyelashes

from my line – just in case I need to change my look from day to night at the last minute. My favourite handbag is my Boy Bag from the Chanel Paris Dallas collection. It was a fairly extravagant buy, but considering how much I use it, I've definitely

got my money's worth. It's the perfect size to carry everything I need. [London-based cafe] The Good Life Eatery pops up on my credit-card statement the most. I'm always in there getting a healthy takeaway when I'm in a rush."

In association with



## HITTING IBIZA

It's my friend Rosie's hen holiday in Ibiza this month, so we're like magpies stocking up on gold temporary tattoos and bangles. Most of all, we can't wait to accessorise with a cold cocktail - Rosie and her twin Emma are the mixologist queens and we *love* a Baileys Flat White Martini. In Ibiza we'll be relaxing in style at the all-new Sol Beach House and checking out the Experimental Beach Club for its amazing cocktails.

Make your Friday a girls' night with a round of Baileys Flat White Martinis #flatwhitefridaynight. For the recipe, visit [Cosmopolitan.co.uk/baileys](http://Cosmopolitan.co.uk/baileys)



# This month we'll be...



Jacqui (centre) with friends Rosie and Emma

Cosmo's Entertainment Director JACQUI MEDDINGS is feeling the love with these friendship-inspired trips, music and movies



## SPLITTING OUR SIDES

New real-life best friends Sofia Vergara and Reese Witherspoon show the men how comedy is done in *Hot Pursuit*, out now. Sofia told me she loved the all-female crew on set and you can tell - this movie is a riot!



## CRUSHING ON ANNIE MAC

Annie is my favourite DJ and dream best friend - her Radio 1 show on Friday nights at 7pm is the only way to start my weekend, whether I'm cooking or getting ready to go out with the girls. This summer she's playing at all the festivals, from Creamfields to V and Bestival - she's a must-dance-to.



## CHILLING OUT WITH THE GIRLS

No friends' sunbathing session is complete without my super-girl-group playlist. This one includes TLC, Destiny's Child, M.O and tracks from Fifth Harmony's debut album *Reflection*. And sorry, sunbed neighbours, I *will* sing along.



## BAGGING THIS BEAUTY

From festivals to holidays this fringed backpack is going everywhere with me this summer. £45, River Island.

# *Dream on...*

As the shops fill up with vintage-inspired boho styles, we cherry-pick the looks that will work well for your wardrobe

*Fashion SHELLY VELLA  
Photographs PETER PEDONOMOU*

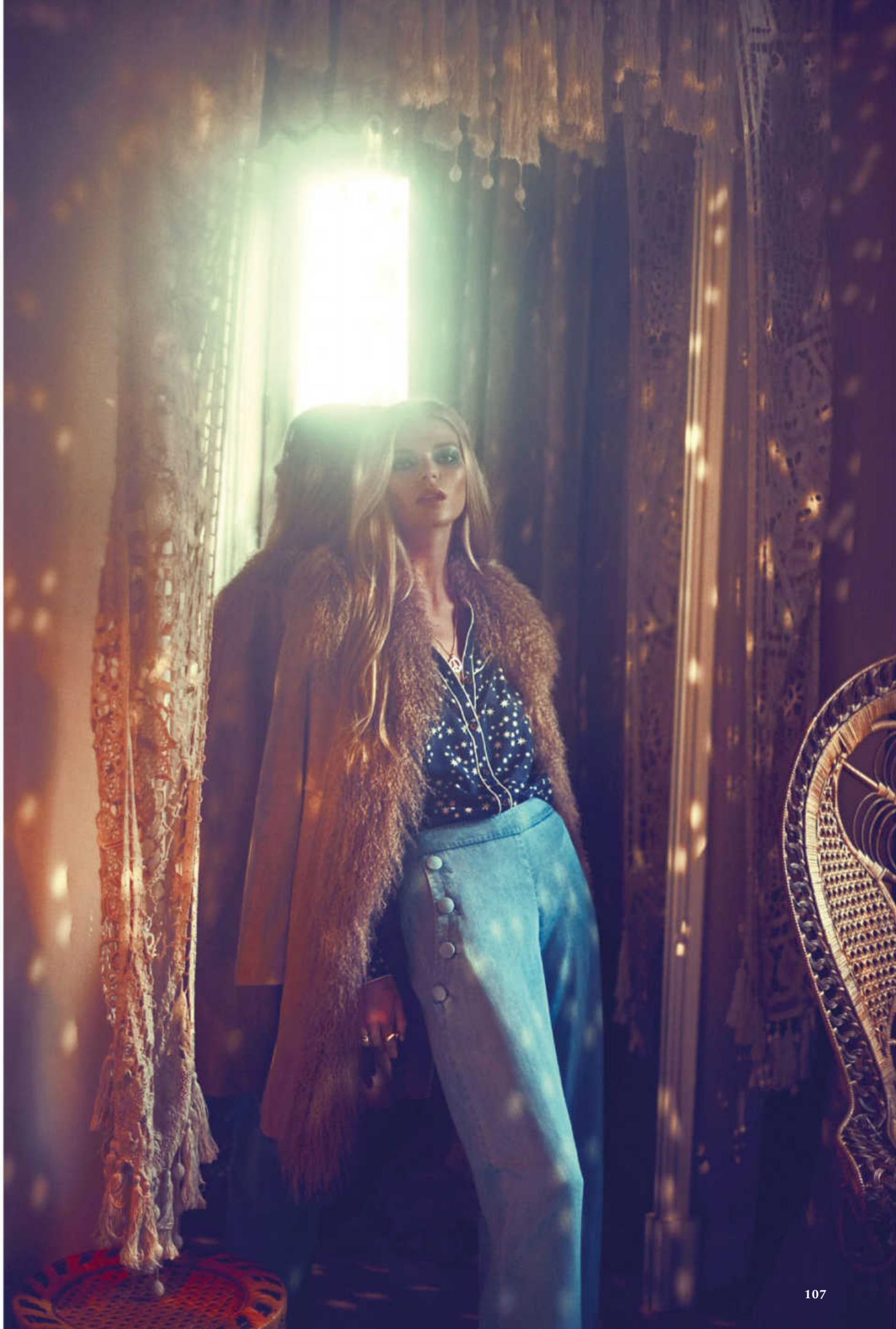


Dress, £160,  
Warehouse.  
Necklaces, from  
£40; rings, from  
£25, all Tribe +  
Fable. Cuff, £270,  
Pebble London >



**THIS PAGE**  
Dress, £45, River Island. Hat, £29, Accessorize.  
Rings, from £54, Pebble London.  
Gold rings, from £25, Tribe + Fable

**OPPOSITE PAGE**  
Coat, £399; blouse, £59; trousers, £65, all Monsoon. 'Peace' necklace, £95, Daisy London. Rings, from £25, Tribe + Fable >





**OPPOSITE PAGE**

Dress, £295, Ghost.  
Necklace, £300;  
cuffs, from £55; silver  
rings, from £90, all  
Pebble London. Gold  
rings, from £25,  
Tribe + Fable

**THIS PAGE**

Blouse, £125, Karen  
Millen. Culottes, £65,  
Asos. Rings, from  
£30; bangles,  
from £12, all  
Pebble London >





**THIS PAGE**

Coat, £290, Warehouse.  
Top, £277, Joie at Donna  
Ida. Skirt, £555, Joie at  
Paulie. Sunglasses, £212,  
Jimmy Choo at Sunglasses  
Shop. Peace necklace, as  
before. Beaded necklace,  
£40; rings, from £25, all  
Tribe + Fable. Crystal  
necklace, £22, 1 Point 618  
Designs. Watch, £259,  
Michael Kors, Watch  
Station International at  
House Of Fraser

**OPPOSITE PAGE**

Blouse, £69; skirt, £149,  
East. Sunglasses, as  
before. Rings, from £30;  
bangles, from £12, all  
Pebble London >





**THIS PAGE**

Blouse, £240, Paul & Joe. Jeans, £240, Current/Elliott at Matches. Shoes, £75, Miss KG. Hat, £29, Accessorize. Bag, £795, Mulberry. Rings, from £25, Tribe + Fable. Bangles, from £12, Pebble London

**OPPOSITE PAGE**

Dress, £49.50, Marks & Spencer. Shoes, £140, Carvela. Rings, from £25, Tribe + Fable

**Hair** Heath Massi at Frank Agency, using Hair Rehab London. **Makeup** Kenneth Soh at Frank Agency, using Nars. **Model** Dominika S at Premier. **Fashion Assistant** Holly Copey. **Interior design** Sera Hersham-Loftus.





#### ◀ OASIS

The skinny-rib sweater gets extended into this sexy tube dress  
Dress, £25; hat, £40, both Oasis. Bag, £159, Radley.  
Bangle, £20, Pebble London

#### ► WAREHOUSE

Get with the groove in a lurex two-piece knit – perfect with stack-heel platforms

Top, £22; trousers, £55, both Warehouse. Shoes, £50, Schuh. Sunglasses, £180, Taylor Morris



This season the high street is in love with all things '70s. Step into a world of skinny-rib knits, preppy stripes, retro overcoats and floppy hats galore

•••

Fashion SAIREY STEMP  
Photographs JENNI HARE

THE  
*Chic-ster*



#### ALL SAINTS

Rock a military-look khaki shirt and cropped trousers with a matching trilby for stylish urban wear

Shirt, £148; culottes, £128; boots, £228, all All Saints. Hat, £119, Christys'. Watch, £95, French Connection

**REISS**

A modern twist on the retro velvet suit substitutes trousers for shorts

Jacket, £265; shorts, £165; hat, £55; bag, £130, all Reiss. Shoes, £204, Chie Mihara. Socks, £12, Falke >



**MANGO**

We love a retro denim dress and this button-through shift gets full marks

Dress, £39.99, Mango.  
Hat, £29.99, H&M Studio

**NEXT**

A sleek reefer-style jacket, jazzy stripes and denim sailor trousers make for a chic nautical look

Coat, £55; top, £32;  
trousers, £24, all Next >



**RIVER ISLAND**

This snake-print  
pussy-bow dress  
is pure '70s  
simplicity

Dress, £36; hat, £25,  
both River Island.  
Ring, £8, Accessorize





**KAREN MILLEN**

A sporty striped  
skinny knit  
complements  
denim culottes

Top, £90; culottes, £90;  
bag, £160, all Karen Millen.  
Shoes, £95, Carvela at Kurt  
Geiger. Socks, £12, Falke >

**H&M**

This patent pencil skirt by H&M Studio is a wardrobe essential for day or night cool. Top, £24.99; skirt, £139.99, both H&M Studio. Bangles, £16.50 for the set, Wallis

**URBAN  
OUTFITTERS**

Striped co-ords  
contrast with a  
moody overcoat

Coat, £230; top, £160;  
culottes, £175, all Wood  
Wood at Urban Outfitters.  
Hat, £55, Brixton at  
Urban Outfitters

Hair Heath Massi at Frank  
Agency, using Hair Rehab  
London. Makeup Lica  
Fensome, using Lancôme.  
Model Sabina at IMG.  
Fashion Assistant  
Katie Saxon.



# The edit

## THE KEY A/W15 TRENDS

Get a grip on all this season's new looks, from '60s mod to boho '70s, plus plenty of plaids and tweeds



# Swinging '60s style

Get hip with mod dresses,  
A-line minis and block-  
heel boots



## '70s vibes

Boho babes will love these vintage-style dresses, faux-shearling jackets and stack-heel platforms





## Disco inferno

*Break out the platforms, glitter and Spandex, pull on your jumpsuit and groove in true disco style*





Jacket,  
£249, Ted  
Baker



Skirt, £49, Urban  
Outfitters



Trousers,  
£20, F+F



Jumper,  
£89,  
Hobbs



Jacket, £259, Hobbs



Coat,  
£75,  
Wallis



Rucksack, £395,  
Vivienne Westwood at  
House Of Fraser



Shirt, £45,  
John Lewis



Skirt, £36, Topshop



Dress, £42,  
Topshop



Skirt,  
£35,  
Oasis



Shirt,  
£35,  
Oasis



Shirt, £45,  
John Lewis



Skirt, £30, Miss  
Selfridge



Coat, £65,  
River  
Island



Shirt, £38,  
Topshop



Trousers,  
£325,  
House Of  
Holland  
at Urban  
Outfitters



Coat, £250,  
Tommy Hilfiger  
at Very  
Exclusive



Skirt, £69,  
Phase Eight



Cape, £65,  
River Island



Skirt, £19.99,  
New Look



Coat,  
£220,  
Parka  
London  
at Urban  
Outfitters



Scarf, £14.99,  
New Look



Dress,  
£395,  
House Of  
Holland  
at Urban  
Outfitters



Dress, £179,  
Woolrich



Dress, £45,  
John Lewis



Jacket, £119,  
Hallhuber

## Plaids & tweeds

Welcome in autumn with some chunky tweeds, lumberjack checks and tartan tones



Dress, £429, Sand



Blouse, £32,  
River Island



Dress, £25, F+F



Blouse, £36, Oasis



Dress, £249,  
Ted Baker



Skirt, £45, Star by  
Julien Macdonald  
at Debenhams



Top, £28,  
Dorothy Perkins



Skirt, £250,  
LK Bennett



Shoes,  
£79,  
Topshop



Dress, £45,  
Henry Holland at  
Debenhams



Shoes, £175,  
LK Bennett



Shoes, £170,  
LK Bennett



Clutch, £32, Faith

## True romance

Bring out your passionate  
side in opulent lace, rich floral prints  
and plush satin skirts



Dress, £109,  
Monsoon



Skirt, £199,  
Ted Baker



Shoes, £240, Lucy  
Choi at Very Exclusive



Blouse, £125,  
French  
Connection



Dress, £75,  
Little Black  
Dress



Dress, £75,  
Topshop



Dress, £239, Baum  
Und Pferdgarten



Dress, £69,  
John Lewis



Dress, £45, Very



Dress, £65,  
Topshop



## Chic tailoring

Opt for sleek tailored trousers, sleeveless jackets, crisp shirts and svelte shift dresses for simply stylish autumn dressing



COSMO PROMOTION



Suede dress, £99



# California DREAMING

*Whisk yourself away on a wild romantic adventure with the new season's suede, fringing and Western prints at Very.co.uk. Layer up your bohemian textures for the perfect dusk-till-dawn style*



THIS PAGE  
Large devoré  
cape, £45;  
Suedette cape,  
£54; jeans, £27

OPPOSITE  
PAGE  
She wears:  
Cape, £60;  
trousers, £25.  
He wears:  
Shirt, £85  
jeans, G-Star  
RAW, £90

COSMO PROMOTION



She wears: Cape  
£20; dress, £40.  
He wears:  
Shirt, £20,  
jeans, G-Star  
RAW, £90







THIS PAGE  
Top, £28;  
skirt, £25,  
hat £25

OPPOSITE  
PAGE  
Waistcoat, £45;  
blouse, £32;  
skirt, £59



Catwalk to curvy

# Ease into autumn

Need a heads-up on the new season's must-haves? Model and curve blogger **Louise O'Reilly** test drives the trends to find the best ones for you...



Coat, £25, Boohoo Plus. Top, £12, Dorothy Perkins. Skirt, £28, River Island. Shoes, £5, Primark. Sunglasses, £125, Ray-Ban. Bag and jewellery, Louise's own



## Shades of grey

Various shades of grey together are not always flattering for curvier types. The trick is to invest in a key statement piece with good structure – like this sleeveless coat – so styling the rest of your look is straightforward. Avoid anything slouchy too as it could just look shapeless.

Coat, £69, Red Herring at Debenhams

Necklace, £20,  
Daisy And Eve  
at Evans



Cape, £40,  
River Island,  
Top, £12,  
Dorothy  
Perkins. Skirt,  
£8; shoes,  
£15, both  
Primark. Bag,  
£99, Guess.  
Necklace, £5,  
Forever 21

## Capes

Capes and fringing continue into autumn and winter – and don't be scared of trying this draped style. Embrace Aztec prints and suede A-line buttoned skirts that can camouflage a tummy while still giving you that fitted silhouette for balance.



Boots,  
£64.99, New Look



Cape, £29,  
So Fabulous  
at Very



Cape, £18,  
George



Skirt, £75,  
Simply Be

## THINGS TO AVOID IF YOU'RE CURVY

- 1 Double-breasted styles.
- 2 Long-line styles that are shapeless or lack a belt – they will make you look much bigger than you are.



Clutch, £12.99, New Look



Dress, £59, J by Jasper  
Conran at Debenhams

Dungarees, £38,  
Dorothy Perkins

## Colour pop

Contrasting bold shades of red and blue are really effective when done right. This red skirt from M&S (below) is great to highlight the waistline, especially for apple shapes. Keep it matchy-matchy if you want to look taller. Accessorise with a pop of blue.



Top, £20;  
skirt, £35,  
both Marks  
& Spencer.  
Shoes,  
Louise's own.  
Clutch, £25,  
River Island



Jacket,  
£60, River  
Island.  
Dress, £11,  
Primark.  
Shoes, £70;  
bag, £25,  
both River  
Island

## Faux suede and shearling

A favourite combo of mine is '70s-style suede with twists of fluffiness. Cropped styles are flattering as they don't consume you. And with this look you can take advantage of fit-and-flare-style dresses, which are extremely curve-friendly!



Jacket, £120,  
Preen at  
Debenhams



Jacket, £59,  
Red Herring at  
Debenhams



Coat, £59,  
Dorothy Perkins



Coat, £75,  
Simply Be ♡



CITY  
STYLE



Shoes,  
£79, Dune



Trousers,  
£29, Red  
Herring at  
Debenhams



Top, £16, F&F

### ★ IF YOU'RE PETITE

Worried you'll end up looking swamped? Then go for cropped, slim-fitting trousers. Tuck in a top or blouse to accentuate your waist and add heels to elongate your legs. A classic stiletto with cropped trousers is super-flattering for the ankles.

# Yes YOU CAN

... wear high-waisted trousers  
without feeling self-conscious.

We show you how



RELAXED  
CHIC



Shoes, £79,  
Dune

Trousers, £129, Marks  
& Spencer Best Of British



### ★ IF YOU DON'T LIKE YOUR STOMACH

High-waisters needn't make you feel self-conscious about your middle. Go for a flat-fronted pair, avoiding pleats or darts, and a darker, slimming colour. And don't be scared of horizontal stripes – they won't 'take over' if you tuck them into high-waisted trousers. A chunky heel gives an on-trend '70s twist and lengthens your leg.

Jumper, £32,  
River Island

'70s  
COOL



### ★ IF COMFORT IS KEY

If you're tall, this slouchy, wider cut looks great with flats and a baggy jumper. If you're on the petite side, flats still work but go for a fitted top half.



Jumper,  
£24, Dorothy  
Perkins

Shoes,  
£28, River  
Island

Trousers,  
£75,  
Atterley  
Road



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# 5 FASHION EVENTS OVER FIVE DAYS

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• 14-18 SEPTEMBER •  
**COSMOFASHFEST.CO.UK**



**#fashfest**  
COSMOPOLITAN 2015

WITH  by Visa

# 5 FABULOUS FASHION EVENTS OVER FIVE DAYS

**#fashfest** COSMOPOLITAN 2015

WITH **V.me** by Visa

## DAY 3

WEDNESDAY 16 SEPTEMBER  
ACCESSORIES SHOWCASE

ONE HORSE GUARDS, LONDON SW1A 2HU, 7-10PM, £10



From the luxurious lingerie show on Day 1 to the glamorous wrap party on Day 5, this year's #fashfest has something for everyone. In partnership with V.me by Visa – the quick, convenient and secure way to pay online for your fashion buys – you can get your hands on a ticket for any of the daily #fashfest events that match your style. Maybe finding out about the latest accessories is your thing? Or you love the styling at the Catwalk To Cosmo fashion show? Perhaps you'd like to quiz an A-lister about her wardrobe? Whatever your fancy, there's something for you. This is one not to be fashionably late for!

## DAY 4

THURSDAY 17 SEPTEMBER  
CATWALK TO COSMOPOLITAN FASHION SHOW

BATTERSEA EVOLUTION, LONDON SW11 4NJ, 7-12AM, £55



DAY 1

MONDAY 14 SEPTEMBER  
**THE LINGERIE SHOW**

ONE MARYLEBONE, LONDON NW1 4AQ, 7-10PM, £35



DAY 2

TUESDAY 15 SEPTEMBER  
**THE A-LIST FASHION INTERVIEW**

1 WIMPOLE STREET, LONDON W1G 0AE, 6.30-9PM, £15



DAY 5

FRIDAY 18 SEPTEMBER  
**WRAP PARTY**

ONE EMBANKMENT, LONDON WC2R 2AB, 8-12AM, £30



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next

RIVER ISLAND

EVANS

figleaves.com

ULTIMO

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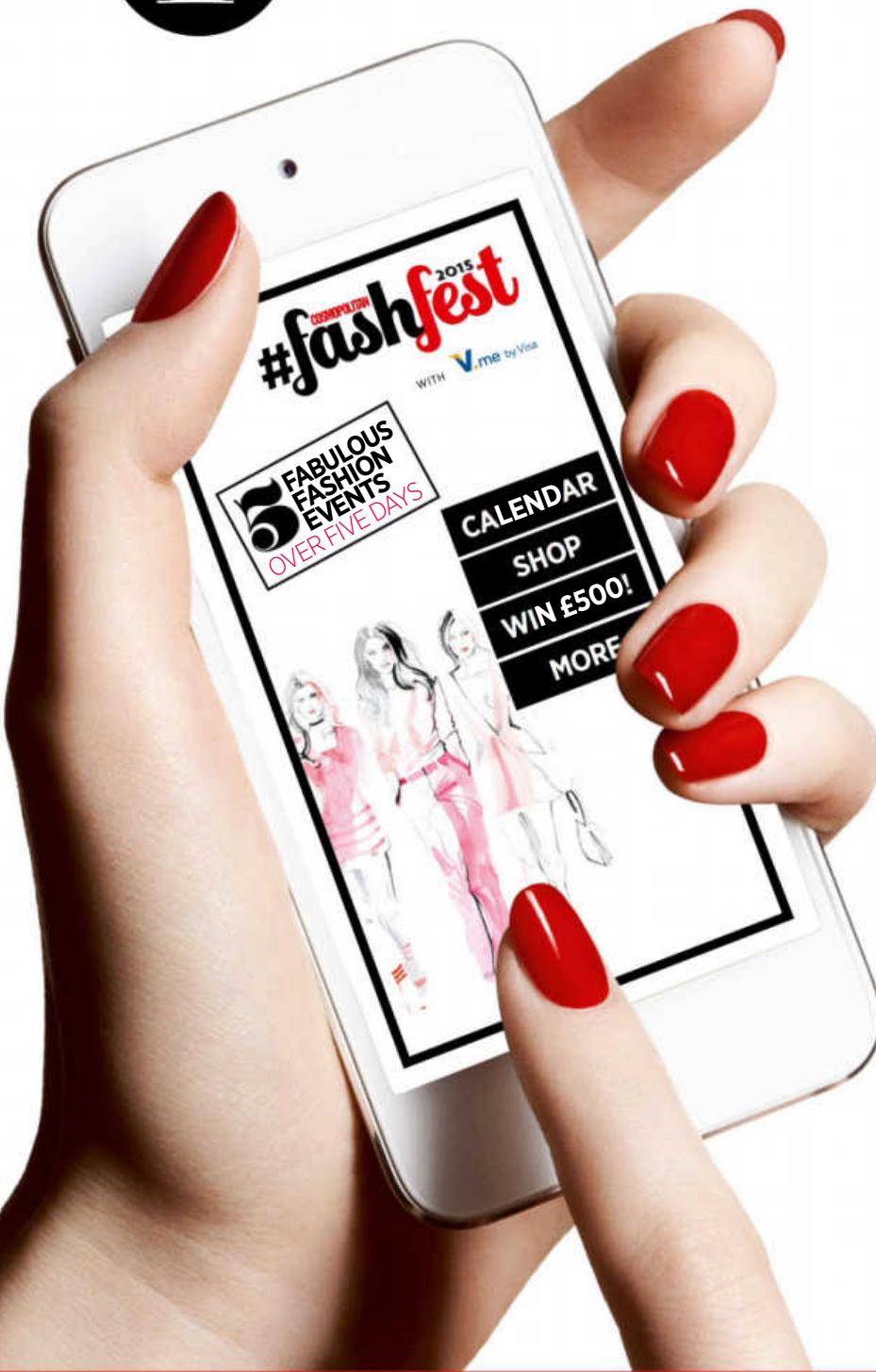
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2

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COSMOPOLITAN  
#fashfest 2015

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TERMS AND CONDITIONS Opens 00.01, 31 July 2015 and closes 23.59, 28 October 2015. A total of 13 winners will be selected during the competition period. One will be drawn at 5pm on each Friday, starting 7 August 2015. Only entrants aged 18+ will be considered. Entrants will automatically be part of the prize draw from the time they enter until the closing date. The winner must have a V.me by Visa wallet to be eligible. Only one competition entry per person will be considered. \*The prize is a £500 voucher for one of Cosmo's #fashfest fashion partners. The winner will receive a voucher for the full amount from one retailer of their choice only. The expiry date of the voucher varies from retailer to retailer but is no less than 12 months. Full terms: [Cosmofashfest.co.uk/win500](http://Cosmofashfest.co.uk/win500).



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at Battersea Evolution,  
Battersea Park, London SW11 4NJ  
7.30pm till late

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The Catwalk To Cosmopolitan Fashion Show is part of Cosmo's #fashfest – five fabulous fashion events over five days (see p141 for more)

Instaglam



1  
£340,  
Mehry  
Mu



2  
£45,  
Topshop



3  
£24.99,  
New Look



4  
£125, Love  
My Soul



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£25,  
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Island



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Accessorize



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Fiorelli



9  
£158,  
Anthropologie



10  
£150,  
Rebecca  
Minkoff



# Bring me SUNSHINE

You've already nailed a flawless seasonal look, all that's left is finding the perfect scent to represent you, all summer long



## Floral beauty

If you're a fan of delicate prints, indulgence and leisurely afternoons, then Surf's blissful Cherry Blossom is the ideal fragrance for your summer. This sweet and light scent is totally decadent, making it the perfect way to show off your love of the finer things in life. Team it with heels and florals for an extra luxurious vibe.



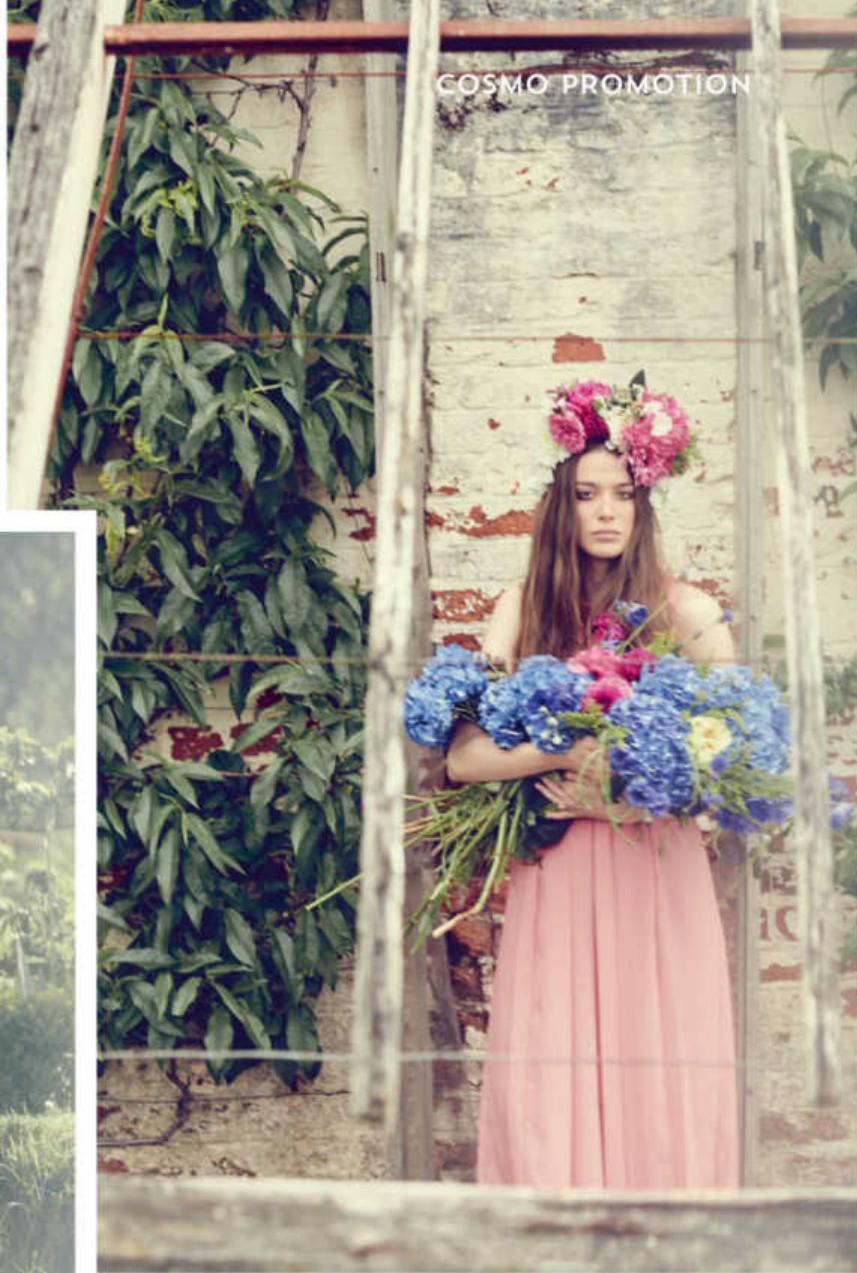
## Wild child

For you, summer's all about having fun – wearing floaty fabrics and flowers in your hair while watching amazing bands in the great outdoors. Let your fragrance be as free as your personality, with Surf's gorgeous Wild Flower scent. It's bursting with playful notes of strawberry, vanilla and newly cut grass, keeping you pre-festival fresh from sunrise to sunset.



## Earth goddess

You're totally at one with all things natural, making Surf's lavender-inspired scent your dream fragrance. Not only is this pretty purple flower a famous healer, it's also well versed in the art of seduction, and so are you – your chilled-out persona is truly irresistible.



### 5 WAYS TO MAKE THE MOST OF YOUR SUMMER

**1** Treat yourself. Because you deserve it, right? Whether it's a scoop of ice cream or splurging on a new dress, dedicate this summer to living for the here and now.

**2** Find your new favourite place. This season is all about self-discovery, so get out there and explore! Book a last-minute holiday, or visit a park you've never been to before. Who knows what treasure you'll unearth?

**3** Love harder. Life's too short not to say the L-word, so let your friends, family or special someone know

exactly how much you appreciate them. It's the summer of love all over again.

**4** Get in the zone. Find your inner calm and turn into a yoga pro. If you don't fancy paying for a class, watch a how-to video online and stretch it out in your garden or even on the beach. Happy flexing!

**5** Become a cocktail queen. Who doesn't want to be the life and soul of the party, with tons of quirky recipes up their sleeve? Spend a day creating concoctions with friends and invent your very own signature, sun-kissed drink.

Discover more about these gorgeous scents from Surf at [Surf.co.uk](http://Surf.co.uk)



A close-up portrait of a woman with long, wavy blonde hair. Five large, semi-transparent white numbers are overlaid on the image: '1' in the top left corner pointing to her right eye, '2' in the top right corner pointing to her left eye, '3' in the middle left pointing to her right cheek, '4' in the middle right pointing to her left cheek, and '5' in the bottom right pointing to her right hand, which is resting against her cheek. The woman has a neutral expression, looking slightly off-camera.

1

2

3

4

5

# Face the SEASON

*Check out the most head-turning new beauty trends in the blink of an eye*



# 1

## AUTUMN EYES

AS SEEN AT DIOR

We're talking bold block colour in lush autumnal shades. Makeup artist Peter Philips used the Dior Palette 5 Couleurs Cosmopolite in Eclectic, alternating between khaki and plum. "The half-moon design was done with a dampened sponge applicator for maximum coverage," Peter told us. He completed the look with plenty of mascara for a false-lash effect.

Kiko Cream Crush Lasting Colour Eyeshadow in 01, £6.90

# 2

## CIRCLED SOCKETS

AS SEEN AT LÉA PECKRE

Plenty of dark 'n' dangerous beauty tribes stomped down this season's catwalks, but soft colour still had its moment. Léa Peckre's uniform yet dreamy eyes were created using pale, creamy colour on the lids, then a kohl liner along the lash and socket lines, circling the eye at the outer corners. It's the easiest (and prettiest) eye trend of the season, we think.



# 4

## '70s RED LIPS

AS SEEN AT ACNE

The red lip is having a retro moment with rusty tones that look "cooler and less 'lady' than traditional reds", says makeup artist Val Garland. At Acne, a peachy-brown lip pencil was used to stain the models' pouts, followed by Mac Lipstick in So Chaud (a matt orange-red). Good if you're usually scared to go scarlet.



No7 Dramatic Lift Mascara, £13.50

# Instaglam

# 3

## SUNBURNT BRIDGE

AS SEEN AT DSQUARED2

Blush is back, people! So if you never quite got to grips with contouring, now's your time to shine (well, glow). The key to Dsquared2's sun-flushed skin is to blend a bright blue-based red cream or gel blush across the bridge of the nose and onto the cheeks. Warm up the rest of the face by dusting a shimmery bronzer over the temples, cheeks, chin and bridge of the nose.

# 5

## THE DARKNESS

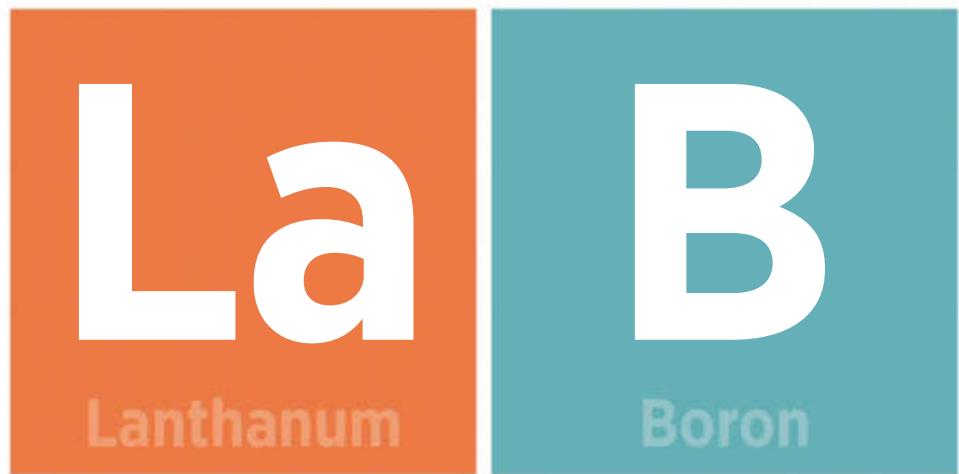
AS SEEN AT GILES

You know those dark 'n' dangerous beauty tribes we mentioned earlier? Here's the perfect example. Giles matched black lips (using a high-pigment liquid lipstick) and not-quite-black nails. "They look black initially," explains nail artist Marian Newman, "but are infused with another colour to give an interesting dimension."

COSMO  
ONLINE



# COSMOPOLITAN BEAUTY



# AWARDS 2015

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And the winners are...

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# F

Fluorine

or 13 years running we've made it our mission to sift through *all* the new beauty launches to bring you an

edit of our must-haves, and 2015 is no exception. This year was all about the base, with a multitude of amazing liquid and powder foundations that have totally blown our minds, a clever new contouring product, along with a must-have primer-and-SPF combo. So, without further ado, here are your new makeup heroes...

## MEET THE JUDGES



INGEBORG  
VAN LOTRINGEN  
COSMO BEAUTY  
DIRECTOR



CASSIE  
POWNEY  
COSMO ACTING  
BEAUTY EDITOR



LUCY  
PARTINGTON  
COSMO ACTING  
BEAUTY WRITER



BRIDGET  
MARCH  
COSMO ONLINE  
BEAUTY EDITOR

COSMOPOLITAN  
BEAUTY LAB  
AWARDS  
2015

LOOK OUT FOR THE PINK HEARTS THAT  
TELL YOU HOW MANY TIMES A PRODUCT  
HAS WON A COSMO BEAUTY AWARD



### BEST LIPSTICK

*Charlotte Tilbury Matte Revolution Lipstick, £23 (1)*

“The beauty team are obsessed with Matte Revolution: the flattering shades, the bullet that’s designed to paint the fullest pout, the stay-put formula that doesn’t make lips feel parched... they’re have-it-all lipsticks!” *Bridget*

### BEST LIPSTICK ‘STEAL’

*Revlon Ultra HD Lipstick, £7.99 (2)*

“Weightless but delivering lush,

ultra-intense colour, this lipstick’s innovative gel texture has serious staying power to boot.” *Inge*

### BEST LIPGLOSS

*Chanel Rouge Allure Gloss, £26 (3)*

“Find the colour payoff of most glosses a bit ‘meh?’ Here’s the answer. This high-shine, non-sticky lip prettifier breaks the mould by delivering lipstick-level colour intensity. Get on my lips.” *Cassie*

### BEST LIP BALM

*Clarins Instant Light Natural Lip Perfector, £18 (4)*

“Lip balm went from dull to addictive when I started using this. With nourishing shea butter and a hint of shimmery colour, it also smells of candy. Bonus.” *Cassie*

### BEST LIP PENCIL

*Smashbox Always Sharp Lip Liner, £15 (5)*

“This clever little liner is not only self-sharpening, but the nib also makes drawing precise lines

super-simple. It doesn’t drag either. Getting Kylie Jenner-esque lips has never been so easy!” *Lucy*

**READERS'  
KISS OF  
APPROVAL**  
**ULTIMATE  
LIPSTICK**  
*Mac Lipstick,  
£15.50 (6)*

Whether you’re a Velvet Teddy or Ruby Woo kinda gal, there’s a Mac lippy for everyone. Which is probably why you voted them your fave for the seventh year in a row.

## FACE



**BEST LIQUID FOUNDATION**  
*Dior Diorskin Star Foundation, £32.50 (1)*

“Dior can do no wrong with its foundation, but this is the next level. It evens out skin tone, leaves a healthy glow, doesn’t feel heavy and lasts all day.” *Lucy*

**BEST POWDER FOUNDATION**

*Bobbi Brown Skin Weightless Powder Foundation, £33 (2)*

“This may look like a pressed powder, but it’s actually a baked liquid-and-powder blend. The result? Creamy, cashmere-like texture that doesn’t look cakey or dry.” *Cassie*

**BEST FOUNDATION ‘STEAL’**

*Maybelline Dream Flawless Nude Foundation, £8.99 (3)*

“Don’t be fooled by this fine fluid; the coverage it gives is seriously impressive. Just a few drops delivers a flawless satin finish that feels super-luxurious for its under-£10 price tag.” *Cassie*

**BEST FOUNDATION INNOVATION**

*Lancôme Miracle Cushion Foundation, £29.50 (4)*

“This new-generation foundation proves makeup can be just as hydrating as skincare. I love the buildable coverage and fresh finish.” *BrIDGET*

**BEST CONCEALER**

*Amazing Cosmetics Amazing Concealer, £29.50 (5)*

“Amazing by name, amazing by nature. This concealer works best when it’s blended outwards with a small brush, but be warned: a tiny bit goes a long way.” *Lucy*

**BEST PRIMER**

*YSL Touche Éclat Blur Primer, £29.50 (6)*

“This primer looks as luxe on the face as it does on your dresser. The silky gel formula multiplies skin radiance in a way that YSL does so well.” *BrIDGET*

**BEST TINTED MOISTURISER**

*BareMinerals Complexion Rescue Tinted Hydrating Gel Cream, £26 (7)*

“Thanks to pigments wrapped in a whizzy complex that attracts water to the skin, this stuff properly hydrates all day and makes you look both

dewy and air-brushed. Other tinted moisturisers will have to up their game.” *Inge*

**BEST FACE POWDER**

*Bourjois Silk Edition Compact Powder, £9.99 (8)*

“The 360-degree swivel mirror makes this a total handbag essential. But that’s not the only great thing about this compact – the powder makes skin look smooth and sits well on top of foundation without looking cakey.” *Lucy*

**BEST BLUSHER**

*Urban Decay Afterglow 8-Hour Blush, £19 (9)*

“You hear the phrase ‘lit-from-within’ a lot in the beauty world, but this blush actually delivers on that promise. Obsessed is my fave shade – a bright pink that really pops on the cheeks.” *Cassie*

**BEST BRONZER**

*Guerlain Terracotta Joli Teint Natural Healthy Glow Powder Duo, £35.50 (10)*

“For a gorgeous, all-over healthy-girl glow that looks like you’ve been at a Thai yoga retreat, this has got to be the ultimate beauty secret.” *BrIDGET* ›



The secret to  
model-beautiful hair?

*head & ssssshhhoulders*

\*Visible flakes seen at 2x with regular use.



When it comes to her hair, **Sofia Vergara** doesn't compromise and neither should you. Get up to **100% flake-free\*** and **model-beautiful hair** with Head & Shoulders Smooth & Silky Shampoo and Conditioner.





**BEST CONTOURING PRODUCT**

*Illamasqua Gel Sculpt in Silhouette, £22 (11)*

"At last, a sculpting product that looks natural even in sunlight (and doesn't require a lengthy tutorial to master).

Illamasqua, we salute you."

*Inge*

**BEST UNDER-EYE CONCEALER**

*Mac Studio Finish Concealer Duo, £23 (12)*

"This lightweight offering from Mac doesn't

crease like other creamy concealers I've used under my eyes. And the two colour options allow you to easily mix up the perfect shadow-neutralising and brightening combo for your skin tone."

*Cassie*

 **READERS' KISS OF APPROVAL**

**ULTIMATE BLUSHER**  
*Benefit Blusher, £23.50 (13)*



These famous blushers first won a *Cosmo* beauty award back in

2005 and, 10 years on, you're still just as obsessed. Whether you use Dandelion, Coralista or SugARBomb, nothing compares to these babies.

 **READERS' KISS OF APPROVAL**  
**ULTIMATE FOUNDATION**

**Mac Studio Fix Fluid SPF15, £21.50 (14)**

What a total classic! Mac's long-wearing, medium coverage foundation is still the stuff that you lot go back to time and time again.



**BEST MOISTURISER**

*Clinique Dramatically Different Moisturizing Cream, £25 (1)*

"The iconic lotion now comes in a rich cream form. Parched skin will guzzle this, leaving it velvety-soft."

*Bridget*

**BEST PROBLEM SOLVER**

*La Roche-Posay Effaclar 3-Step Anti-Blemish System, £32.50 (2)*

"I count Effaclar Duo[+] as the product that saved me from a lifetime of spotty skin. Paired with

the gentle cleanser and effective toner, this kit is life-changing."

*Lucy*

**BEST AGE-BUSTING DAY CREAM**

*Olay Regenerist Luminous Brightening & Protecting Moisturiser SPF20, £29.99 (3)*

"Olay has nailed the complexion holy grail with this, granting us luminous skin. The broad-spectrum SPF also fights future sun damage – a great weapon in your age-proofing arsenal."

**BEST INSTANT FACIAL**

*Environ Revival Masque, £49.95 (4)*

"Full of next-generation acids that don't just gently peel away dead and dull skin, but also turn on its internal water tap to make it better hydrated."

*Inge*

**BEST SLEEP TREATMENT**

*The Body Shop Drops Of Youth Bouncy Sleeping Mask, £22 (5)*

"Delivers on its promise of plumper skin. Suffer from sleep lines? Not any more."

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[www.palmolive.com](http://www.palmolive.com)



## BEST SERUM

**Origins Original Skin Renewal Serum, £32 (6)**

"The clever peeps at Origins have designed this skin-loving serum especially for twenty-somethings. Add this to your routine and your tired, stressed skin will get its glow back in no time at all. Promise." *Lucy*

## BEST EYE CREAM

**Philosophy Time In A Bottle For Eyes, £36 (7)**

"This powerhouse of corrective and preventive ingredients will get your eyes looking wide awake by boosting the skin's natural renewal process. And if your eyes don't lie after a boozy night out, don't panic – the Ginkgo extract and caffeine will help disguise this!" *Cassie*

## BEST FACE OIL

**Zelens Z-22 Absolute Face Oil, £65 (8)**

"It takes a careful balancing act to make a face oil as good as this one. Not only does it nurture, protect and help regenerate skin, it also feels light enough to use under makeup. Even just a few drops do the trick" *Inge*

## BEST DAILY SPF

**Emma Hardie Amazing Face Protect & Prime SPF30, £45 (9)**

"Broad-spectrum SPF30 in a hydrating oil-free, mattifying fluid that sits beautifully on its own or under makeup. A life (and skin) saver." *Inge*

### READERS' KISS OF APPROVAL

### ULTIMATE MOISTURISER

**Simple Kind To Skin Hydrating Light Moisturiser, £3.99 (10) ❤️❤️❤️**

There are two good reasons you guys love this moisturiser: the price tag and the fact that it's loaded with skin-loving ingredients that keep your face hydrated all day long.

### READERS' KISS OF APPROVAL

### ULTIMATE ANTI-AGEING PRODUCT

**Olay Total Effects Day Moisturiser SPF15, £14.99 (11)**

Packed with smoothing and hydrating goodies – and plenty of skin-enhancing vitamins – Olay won your vote for making big anti-ageing promises – and then delivering on them.



## BEST MAKEUP BRUSHES

**Zoava Rose Golden Luxury Set, £55 (1)**

"Not only will these brushes sit pretty on your dressing table, they're also incredible value and mean applying makeup like an absolute boss is easier than ever." *Lucy*

## BEST HAIR TOOL

**GHD Aura Professional Hairdryer, £145 (3)**

"This won't nearly blow your head off like those super-powerful pro dryers. But it *will* dry your hair as fast as they do, with barely any noise and a controlled airflow that guarantees a smooth, glossy bounce." *Inge* ➤

# TAKE YOUR HAIR TO PARADISE



CLAIROL  
  
**Herbal  
Essences**

## EYES

**BEST MASCARA**  
*Givenchy Noir Couture Volume Mascara, £24.50 (1)*

"This volumises in a single swipe, then continues to build without clumping. And it won't smudge or flake, no matter how much you put on." *Inge*

**BEST MASCARA 'STEAL'**  
*Max Factor Masterpiece Glamour Extensions 3-In-1 Mascara, £10.99 (2)*

"If it's impressively long, fluttery, blacker-than-black lashes you're after, then you need this in your makeup bag. It won't smudge, flake or budge and it's not a nightmare to remove." *Lucy*

**BEST EYESHADOW PALETTE**  
*Giorgio Armani Eye Tint, £27 (3)*

"Cool and feather-light, these shadows form a beautiful film of colour on your lids that will stay put. Plus they cleverly act

like a primer for anything you put on top." *Inge*

**BEST EYESHADOW PALETTE**  
*Smashbox Double Exposure Palette, £37 (4)*

"Add water to any of these 14 easy-to-blend shades to create something darker, more sparkly or more metallic. Complete with a huge how-to-flatter-your-eye-shape chart, this is the only palette you need in your beauty kit." *Lucy*

**BEST BROW BOOSTER**  
*Stila Stay All Day Waterproof Brow Color, £16 (5)*

"An uber-fine pen that allows you to reshape brows one hair at a time. I defy you not to love your brow transformation with the control and precision this gives you." *Cassie*

**BEST PENCIL EYELINER**  
*Estée Lauder Double Wear Stay-In-Place Eye Pencil, £16.50 (6)*

"The pigment in this pencil is

strong and it's easy to draw a solid line. I love the smudger on the opposite end too – it's great for diffusing lines or creating a simple smoky eye." *Lucy*

**BEST LIQUID EYELINER**  
*L'Oréal Paris Super Liner Perfect Slim Intense Black, £6.99 (7)*

"Cat eyes aren't the easiest trend to master, but this pen's long, firm nib allows you to press a neat line along your lashes, then add the

perfect flick to finish." *Cassie*

**READERS' KISS OF APPROVAL**  
**ULTIMATE MASCARA**  
*Benefit They're Real! Mascara, £19.50 (8) ❤️*

You guys clearly know good mascara when you find one because this is the UK's No.1, probably because it gives jet-black, super-long, volumised lashes without much effort. Now comes in brown and blue too. >

# CLEANSER

## BEST CLEANSER

**Kiehl's Calendula Deep Cleansing Foaming Face Wash, £22 (1)**

"This cleanser is a true beauty-team fave. It's soap-free so it won't strip your skin of its natural oils or leave it feeling tight; instead it's refreshed and cleaner than ever." *Lucy*

## BEST EYE-MAKEUP REMOVER

**Nivea Daily Essentials Double Effect Eye Make-Up Remover, £3.49 (2)**

♥♥  
"This won in 2014 and, a year on, I still haven't found an eye-makeup remover that beats it. One drenched cotton pad is all it takes to remove stubborn eye makeup, and it's still less than four quid." *Lucy*



## BEST FACIAL SCRUB

**M&S Formula Time Defy Radiant Cleanse Thermal Exfoliating Polish, £9.50 (3)**

"This ace exfoliant features all-round skin-smoothing goodness in the shape of fruit acids, white clay, rosehip oil and plumping hyaluronic acid. Just don't get addicted to its self-heating action; only use twice a week." *Inge*

## READERS' KISS OF APPROVAL ULTIMATE CLEANSER

**Simple Kind To Skin Purifying Cleansing Lotion, £2.99 (4) ♥♥**

Proof that no-faff cleansing works. Ideal for sensitive skin, this removes the day's makeup, dirt and grime without stripping.



## BEST BODY SCRUB

**Yes To Coconut Polishing Body Scrub, £7.99 (1)**

"This isn't just coconut scented – oh, no! Bits of coconut husk gently exfoliate dry skin, while virgin coconut oil keeps it hydrated afterwards. Bliss." *Lucy*

## BEST BODY PROBLEM SOLVER

deliciously scented (and award-winning) shampoo and conditioner into equally brilliant skin-softening body washes. They smell *amazing*." *Lucy*

## BEST BODY CLEANSER

*Cassie*

**Aussie Shower Smoothie Body Wash, £2.99 (2)**

"It was only a matter of time before Aussie turned its

everywhere, including those responsible for keratosis pilaris – the ugly red bumps on the backs of your arms." *Inge*

## BEST FOOT LOTION

**Scholl Velvet Smooth Night Mask, £7.99 (4)**

"Massage into feet, pop on a pair of cotton socks and let this mask work its magic overnight. It's packed with ingredients that'll leave feet softer after one use." *Lucy*



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## BEST BODY HYDRATOR

**Hand Chemistry Hyaluronic Body Mist, £17 (5)**

“Feels like a spray of water (hello, rich-body-cream haters), but acts like a moisture magnet on the skin, quenching your limbs perfectly in a 100% grease-free manner.” *Inge*

## BEST HAND LOTION

**Aveda Hand Relief Night Renewal Serum, £25 (6)**

“This lightweight hydrating serum now holds a firm place in my before-bed ritual. With healing andiroba oil, plus

liquorice extracts to fade dark spots, it’s a night-time mask for your hands. Sweet dreams!” *Cassie*

### READERS' KISS OF APPROVAL ULTIMATE BODY LOTION

**The Body Shop Body Butter, £13 (7)**

A cult skin treat that comes in more scents than you can shake a dry leg at. You love these so-good-you-could-eat-them shea butter pots for their creamy, blendable texture and long-lasting hydration hit. And we don’t blame you!



## BEST NAIL POLISH

**Sally Hansen Miracle Gel Nail Polish, £9.99 (1)**

“This is the best ‘instant’ gel nail polish I’ve tried (instant, as in you don’t have to cure it under a lamp). The topcoat activator gives the colour an indestructible gel-like finish – mine lasted just shy of two weeks.” *Cassie*

### BEST NAIL-POLISH 'STEAL'

**Rimmel London 60 Seconds Super Shine Nail Polish, £2.99 (2)**

“Fun fact: I replaced my entire nail varnish collection with these. Why? Because they dry fast, the brush is amazing, they last and the new three-in-one formula means you don’t need a base or top

coat. Need I say more?” *Lucy*

## BEST NAIL RESCUER

**Ciaté Knight In Shining Armour Overnight Nail Mask, £12 (3)**

“This is the quickest way to brighten neglected nails with minimal effort. Apply before bedtime and wash off in the morning to reveal good-as-new nails.” *Lucy*

### READERS' KISS OF APPROVAL ULTIMATE NAIL POLISH

**Barry M Nail Paint, £2.99 (4)**

With an impressive array of shades, finishes and textures, a quick drying time and that cheap-as-chips price tag, it’s no wonder Barry M is your go-to polish brand.

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WATCH HOW TO GET THE LOOK HAIRMEETWARDROBE

H A I R

**BEST ANTI-FRIZZ PRODUCT**

*Kérastase Discipline Keratine Thermique, £20.50 (1)*

“The transformative effect of this leave-in treatment wowed me. My hair has never felt so soft and silky outside of the salon before.”

*Brigid*

**BEST TEXTURISER**

*John Frieda Beach Blonde Sea Waves Sea Salt Spray, £6.99 (2)*

“I just can’t get enough of this non-drying salt spray. Not only does it tousle the lengths of hair, it also gives roots lift and guts.”

*Brigid*

**BEST HAIR OIL**

*Dove Pure Care Dry Oil Nourishing Treatment With African Macadamia Oil, £9.99 (3)*

“Leaves hair nourished, shiny and feeling soft without weighing it down or making it greasy. And it smells oh-so-good!”

*Lucy*

**BEST SHAMPOO**

*Wella Professionals Elements Renewing Shampoo, £12.20 (4)*

“Free of sulphates to clean your hair in a kinder way, this gentle but effective shampoo contains natural tree extracts that calm the scalp and protect the hair’s keratin. I love how

healthy my hair feels after using it, and the scent is fresh and uplifting.”

**BEST CONDITIONER**

*Schwarzkopf Essence Ultime Blonde & Bright Brightening Conditioner, £4.99 (5)*

“Sometimes it’s hard to make blonde hair look really shiny. This citrus-infused conditioner is the closest I’ve got! Plus my colour looked instantly lifted.”

**BEST HAIR TREATMENT**

*Tresemme Youth Boost Youth Correcting Essence, £9.99 (6)*

“Anti-ageing hair care might sound

a bit gimmicky, but lack of body, dryness and dullness inevitably creep in after years of heat styling and daily washing. This leave-in treatment is packed with hair-loving omega-3, and can easily be added to your daily styling routine.”

**BEST VOLUMISER**

*Swell Advanced Root Nutrient Complex, £32 (7)*

“Best used after Swell’s shampoo and conditioner, this root spray also works great on its own (don’t tell anyone) for visibly pumped-up locks without the crunch. It’s all thanks to a unique plant complex that really delivers.”

**READERS' KISS OF APPROVAL**  
**ULTIMATE SHAMPOO AND CONDITIONER**

*Aussie Miracle Moist Shampoo & Conditioner, £4.69 each (8)*

Catering for every hair type and containing genuine outback ingredients, such as extract of Australian kangaroo paw (the flower), these fun products make every day a g’day for you guys.

**READERS' KISS OF APPROVAL**  
**ULTIMATE HAIR COLOURANT**

*L'Oréal Casting Crème Gloss, £6.79 (9)*

A complete colour

transformation can come hand in hand with healthy shine. This ammonia-free semi-permanent colour adds shimmery tones for a fab 3D effect.

**READERS' KISS OF APPROVAL**  
**ULTIMATE HAIRSTYLING PRODUCT**

*L'Oréal Elnett Normal Strength Hairspray, £4.20 (10)*

An oldie but a goodie. This still trumps the competition with its impressive non-sticky hold. It’ll fix any do in place, then you can brush it straight out when you’re done. And if it’s good enough for Chezza...>

# BRIGHTER BLONDE



Prime, tone and shine with the new 3 step regime

Touch Of Silver's **active violet pigment** instantly banishes brassiness and visibly enhances blonde hair. For a **brighter blonde in just one wash**.

**PRO:VOKE**  
PROFESSIONAL HAIR CARE

**TOUCH OF  
SILVER**



#BrighteningYou | [touch-of-silver.co.uk](http://touch-of-silver.co.uk)

# SELF-TAN & SUN PROTECTION

## BEST FACIAL SUN PROTECTION

**Vichy Idéal Soleil Mattifying Face Dry Touch SPF30, £16.50 (1)**

"This broad-spectrum SPF won't leave you with chalky-white skin, but it does mattify really well, so you never have to hit the beach with a shiny face. There's no excuse not to wear it."

*Lucy*

## BEST BODY SUN PROTECTION

**Boots Soltan Adult Dry Touch Lotion SPF30, £5.50 (2)**

"The reformulated Soltan range has been flagged up by experts as one of the most reliable sun-protection brands on the high street. Affordable and skin-saving, it's a win-win." *Cassie*

## BEST SUN-PROTECTION MAKEUP

**Ultrasun Tinted Face SPF30, £26 (3)**

"One of my favourite discoveries of the year, Ultrasun

formulas really do protect skin all day – and this one gives the most beautiful, creamy-sheer golden glow that will enhance darker skin tones as well." *Inge*

## BEST FACIAL SELF-TAN

**James Read Day Tan SPF15 Face, £22 (4)**

"Oddly, there aren't very many self-tans that have a decent SPF, so well done to the charming James Read for making one you can wear safely every day. Extra points for being fragrance-, streak- and oil-free." *Inge*

## BEST BODY SELF-TAN

**Garnier Ambre Solaire No Streaks Bronzer Dry Body Mist, £11.69 (5)**

"I'm all over easy peasy spray'n'go products, and this one's any-angle technology makes hard-to-reach areas (like the back of the legs) a dream. Plus its dry mist means I can spray and go, then

enjoy the natural-looking colour within the hour." *Cassie*

## BEST FAKE-TAN INNOVATION

**Clarins Radiance-Plus Golden Glow Booster, £26 (6)**

"As a fan of the face version, I find this follow-up just as revolutionary. It turns any cream into a custom-blend self-tanner, meaning you don't have to miss out on the other power products in your body regime." *Bridget*

## READERS' KISS OF APPROVAL ULTIMATE SELF-TAN

**St Tropez Gradual Tan In Shower, £14.50 (7)**

Your love for St Tropez knows no bounds, and their newest in-shower innovation has taken the world (and you guys!) by storm. And for good reason – anything that takes the faff out of tanning is a winner to us too! >



# Instaglam



# WIN

O  
xygen

ne lucky reader will win *every single* Beauty Award-winning product – yup, that's all 76 – worth more than £1,700! Like the sound of that? We thought so! Visit [Cosmopolitan.co.uk/beautyawards2015](http://Cosmopolitan.co.uk/beautyawards2015) to enter. The winner will be notified after the closing date of 4 September 2015. Good luck!

## INTERNATIONAL EDITORS' CHOICE AWARD

*Shiseido Ultimune Power Infusing Concentrate, £60*

We asked beauty eds at all 63 editions of *Cosmo* which launch they most loved this year, and this immune-boosting, skin cell-protecting serum came out tops. Which is a good thing, because we love it as well.



## BEAUTY BREAKTHROUGH AWARD

*Cover FX Custom Cover Drops, £36*

Available in 25 shades, these pure pigment drops can be added to any skincare or makeup product (cream, serum, oil, whatever) to create your own customised foundation. Now THAT's clever. ♦



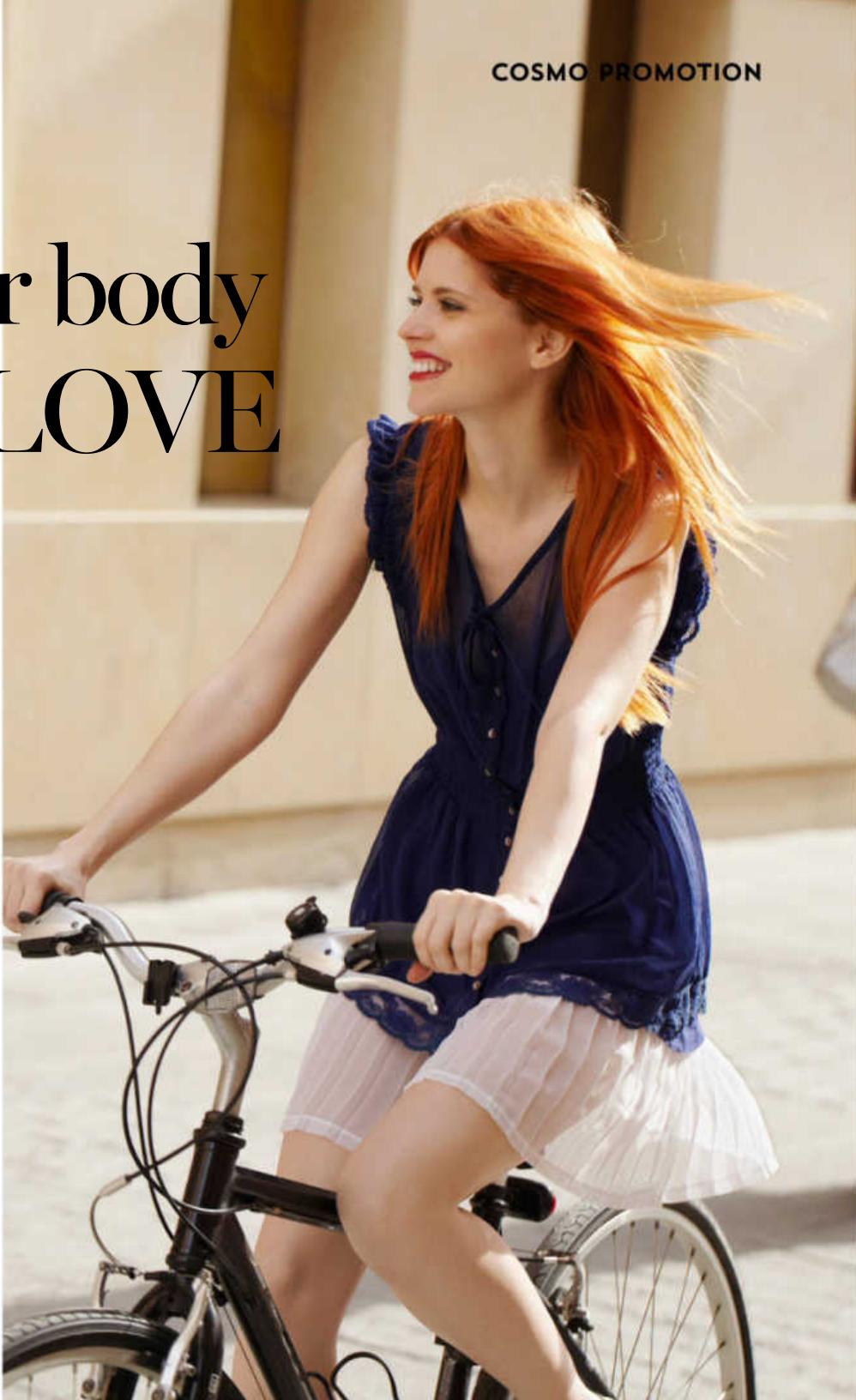
# Give your body SOME LOVE

Sure, you take extra-special care of your face, but isn't it time to start showing your *whole* body the same kind of love?

**Y**our daily skincare routine probably goes something like this: cleanse, double cleanse, tone, serum, moisturise, and cream for your body, right? But how often do you pay special attention to your intimate skin? We all know how important and how delicate our skin is, and a recent survey showed that 70% of women have a regular beauty regime\*, so why don't you take extra care down there too? femfresh is a range of cleansing, caring and freshening products that are specifically designed for your intimate skin. Because why shouldn't that part of you deserve its own routine?

## ***TLC for your skin***

It's important to remember that *all* the skin on your body is special – and every part of you should get as much attention as it deserves. We believe you should always look after yourself from top to toe, not forgetting the bit in the middle! All femfresh products are pH balanced because the skin between your legs is different – its pH isn't the same as the rest of your body, and it's a lot more sensitive. So that skin matters too – it's just as important as the skin on your face that you take care of with a multitude of products, and just as important as the rest of the skin on your body that you smother in moisturiser day after day. Using femfresh should be part of your daily routine, and using it as often as you do any other shower gel will make you feel amazing, which is exactly what you deserve.



*Using femfresh should be part of your daily routine, and using it as often as you do any other shower gel will make you feel amazing*

## **DON'T FORGET THE BIT IN THE MIDDLE**

femfresh Daily Intimate Wash, £2.99, is our hero product. Suitable for daily use, it's been specifically formulated to cleanse your sensitive skin down there and help maintain a healthy pH balance to keep you feeling cared for from AM to PM. femfresh has a pleasant fragrance and is infused with soothing and calming aloe vera to provide a just-showered feeling that'll last all day.





BECOME A LEGEND.

Elizabeth

# EIGHT HOUR® CREAM

## Skin Protectant

Beauty's best kept secret.



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The EIGHT HOUR® CREAM SKIN PROTECTANT has become a celebrity, make-up artist and beauty editor's most coveted, award-winning, multi-purpose skin beautifier. Known as a "can't live without" beauty balm for the hands, face, lips and feet, this miracle tool will soothe, moisturise, and protect the beauty you were born with. Anytime, anywhere.

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NEW YORK

# My hair PERSONALITY

## Hanako

As an actress, Hanako's hair plays a big part in helping her get into character...

**H**anako knows appearance has a massive impact on the way you hold yourself, so auditioning on a bad hair day is never ideal! She likes to blow-dry her hair straight, but struggles to find a product that adds healthy shine without weighing it down. Hair stylist Lisa Whiteman recommended the Tresemme Oleo Radiance collection, infused with a blend of salon oils to help nourish each strand deep down. The Oil Elixir (£8.99\*), is blended with argan and almond oils, which are rapidly absorbed for a beautiful silky finish.



### 'AFTER A LONG-HAUL FLIGHT, MY HAIR IS STATIC, DRY AND NOT MY FRIEND!'

Hanako shares her fail-safe tips – and hair woes – and gives us a peek into her daily routine...

#### MY HAIR ADVICE

"Depending on the part I'm playing, I like wavy, effortless-looking hair. I love using oils to help nourish my locks and keep them looking glossy."

#### MY HAIR WOE

"Flying. After a long-haul flight, my hair is static, dry and *not my friend!*"

#### MY WORK ETHIC

"Learning lines takes precedence over hair! There's no use in worrying about the way you look – focus on your work."

#### MY HAIR IDOL

"Brigitte Bardot or Stevie Nicks. They both have iconic looks and always look stylish."



*'The Oleo Radiance collection of products illuminates your hair using salon-grade oils, while still being lightweight.'*

LISA WHITEMAN, HAIR STYLIST

Follow Hanako's story at [Thehairacademyuk.com](http://Thehairacademyuk.com)

*Unruly hair can dictate your day, so why not stop for a moment to work out what it needs? We took three women who rely on looking and feeling their best every day, and promised to find them their very own hair hero, with a little help from a carefully selected expert – and Tresemme...*

## The HAIR ACADEMY

IN PARTNERSHIP WITH **TRESEMME**



*The 7 Day Smooth range allows you to boost the power of your straighteners for a smooth style that lasts for up to a week\*\**

ELLA CATLIFF, BLOGGER



### Portia

Makeup artist Portia is keen to spend some time on her own appearance for a change...

Portia straightens her curly hair into a sleeker look for special occasions, but hates how the ends can look dried-out and frizzy. Style and beauty blogger Ella Catliff recommends the Tresemme 7 Day Smooth collection – a three-step approach to smoother hair, including a keratin-infused shampoo and conditioner (£5.99 each) gentle enough for everyday use, followed by the Heat Activated Treatment (£6.99). This professional-quality product is designed to use with your straighteners and keeps your style sleek for up to four washes.



### 'MY HAIR CAN BE A BIT OF A BALANCING ACT'

Portia explains her hair challenges and gives us a glimpse into her working life...

#### MY HAIR ADVICE

"I let my hair dry naturally when I'm having a non-straight day. Avoiding constant heat drying keeps it looking healthy."

#### MY WORK ETHIC

"It's important to always 'look the part' in my job as a makeup artist, but remember – any personal insecurities you have can always be instantly covered with a smile!"

#### MY HAIR WOE

"It's a tricky one; I find keeping my roots oil-free for volume, but my ends well-conditioned, can be a bit of a balancing act."

#### MY HAIR IDOL

"Definitely Jillian Hervey from the band Lion Babe – what a mane!"

Follow Portia's story at [Thehairacademyuk.com](http://Thehairacademyuk.com)

# Billie

Yoga teacher Billie has tranquility and well-being nailed, but wouldn't say no to some hair advice...

**B**illie's hair is on the dry side, and has to be worn in a bun when she's teaching a yoga class, which can leave it looking flat and lacking bounce. Hair stylist Heath Massi recommended she work the Tresemme Youth Boost range into her routine, which is packed with omega-3 and antioxidants to help treat lack of body, dryness and dullness. She's also using Fullness Emulsion Spray (£6.99), to boost her roots for a fuller look.



## 'I TEND TO GET VERY DRY HAIR WHEN I WASH IT TOO MUCH'

Billie gives us an insight into her work schedule, and shares the hair mantras she likes to live by...

### MY HAIR ADVICE

"I love getting ready to go out, so when I have the time, I enjoy doing a French plait or something more intricate."

### MY HAIR WOE

"Unfortunately, I tend to get very dry hair when I wash it too much. I also like to swim, which can leave it looking frazzled."

### MY WORK ETHIC

"Yoga is not about what you look like. It's a deep spiritual practice that deals with energy beyond the realms of just the physical."

### MY HAIR IDOL

"I absolutely love the 1940s femme-fatale look, so I would have to say Ava Gardner."



*'The Youth Boost range works towards restoring the hair qualities we all associate with younger, healthier-looking hair.'*

HEATH MASSI, HAIR STYLIST

Follow Billie's story at [Thehairacademyuk.com](http://Thehairacademyuk.com)

## WIN! A PERSONALISED HAIRCARE PACKAGE FROM TRESEMMÉ!

All you have to do is visit [Thehairacademyuk.com/win](http://Thehairacademyuk.com/win) for your chance to get your hands on a fabulous set of personalised haircare goodies..."

Tresemme also wants to spread its hair-confidence message, but it needs your help! Simply tweet or instagram a picture or words that you feel best sum your hair personality. Make sure to mention @TRESemmeUKI and use the hashtag #myhairpersonality. So tell your friends, find a filter and be loud and proud about your hair!



## Vital statistics

NAME Abbey Lee Kershaw

AGE 28

STAR MOMENTS Chanel muse, Victoria's Secret Angel

## NUMBER OF TATTS

10 and counting

CATCH HER As The Dag in *Mad Max: Fury Road*

FYI Suffered meningitis aged four

## ◆ Do you have to be tough to be a model?

Modelling seemed more glamorous in the '70s and '80s. I feel like now it's a hard-working job. You can't rock up late or hung-over. I've heard of models back in the day who'd take a whole rack of clothes after a show – I never even got away with a pair of stockings!

## ◆ Do you feel part of a new wave of 'power' models?

Models are becoming powerful, especially those who know how to use social media. The ones I really love are all interesting, individual girls. They don't just take selfies.

## ◆ You love a tattoo. What makes for a good one?

You need some connection to it. Maybe my favourite one is the word 'truth' in my inner bottom lip, a reminder that it's better in the long run to always speak the truth.

## ◆ Are you hooked on tatts and piercings?

I'd love to be head to toe in tattoos. I want to get a huge colourful fish on my back. As for piercings, I've got them in my belly, nipples, septum, seven in one ear... I've always had an obsession with decorating my body – as a kid I was always drawing all over myself.

## ◆ Does that get you in trouble when you model?

Not now we've got retouching! Every now and then I have to hide them, but it's not really an issue. Also I think there is much more room for 'alternative' girls.



# WHO'S THAT GIRL?

A tomboy covered in body art, *Abbey Lee*, face of DKNY Be Delicious and Be Desired, is not your average Angel-faced supermodel-turned-movie star...

As The Dag in *Mad Max*

A sexy Eve



Abbey loves her tattoos

◆ What's most 'you' about the sexy Eve you play in the DKNY Be Delicious campaign? There's an earthy sensuality to it, and I've always been an earth child. I feel pretty connected to my sexuality; I find most girls are. This campaign definitely reflects that. Eve knows where Adam is, she'll get him if and when she likes!

◆ How do you take care of your skin? I was 18 before I even used a face scrub. I was such a tomboy. Today I'm just very natural; I use virgin olive oil as a moisturiser and natural Lush products. I don't feel that human beings were meant to put chemicals on their face.

◆ Do you like makeup now? I can go to an event with none on; other times I want to get glammed up. I love those big Nars lip pencils, especially one called Cruella. I like Chanel's foundations. I also like black eyes, but I'm into glitter and sparkles too.

◆ Do you feel any pressure to be a role model? Not as such. I just feel that women should at least stand up for themselves, if not for everybody else. If we did that, we'd hopefully gain a bit more respect. You start so young in this industry, and most people are male and 20 years your senior. So you have to grow up fast and stand your ground.

◆ Who are your role models? My favourite actress is Gena Rowlands. I'm just gobsmacked at how brilliant she is. I love Helena Bonham Carter too; I want to be in fantasy films like her.



DKNY Be Desired, £37 (out in October), is succulent, sensual and a little bit tart

# Calling all BLONDES

*Love your blonde locks, but struggle with brassiness and fading? Pro:voke Touch Of Silver has the answer*

Us blondes – whether natural, highlighted or dyed – know that to keep our colour looking fresh and bright, it needs a little extra care and attention. Don't despair – Pro:voke Touch Of Silver, specialists in blonde hair care, have an expert range of colour-enhancing products designed to make blonde hair look its absolute best.

*'The secret behind Touch Of Silver is the unique violet pigment that works on the basis of colour theory'*

The secret behind Pro:voke Touch Of Silver is its active violet pigment, which works on the basis of colour theory. Pro:voke Touch Of Silver knows violet is the opposite of yellow on the colour wheel, therefore neutralising any yellow or brassy tones in the hair, for beautifully bright results. The even better news? These products get to work straight away, giving you visibly brighter blonde hair in just one wash!

## Don't miss out!

Join us for an evening of pampering. Enjoy expert hair advice, blow dries and manicures, plus a glass of prosecco, and leave with a goody bag worth more than £50! Visit [Cosmopolitan.co.uk/touchofsilver](http://Cosmopolitan.co.uk/touchofsilver) to get your tickets now.

When? 30 September  
Where? Four London,  
62 Conduit St,  
London W1S 2GB

PRO:VOKE  
PROFESSIONAL HAIR CARE  
TOUCH OF  
SILVER



## 3 STEPS TO A BRIGHTER BLONDE

**Get your most beautiful colour yet with these three simple tips**

**1** Spray a little Touch Of Silver Pre-Toning Primer directly on to wet hair and comb through. This will smooth the cuticles and prepare your locks for an all-over even result. It can even be used as a leave-in conditioner. Genius.

**2** After you've primed your hair, wash it with Touch Of Silver Brightening Shampoo. To keep those brassy tones at bay, this is best used twice a week.

**3** Follow up with Touch Of Silver Intensive Conditioner. If your hair is particularly dry you can even use this as hair mask. Leave it on for 3-10 minutes and rinse.





I Am Juicy Couture EDP, from £37, makes a bold statement. We love the freshly squeezed blend of raspberry and passion fruit paired with amber.

It sounds clichéd, but the mix of neutral and bold shades in **BareMinerals Work, Weekend, Wow Ready Palette, £30**, really will take you from office to bar in a jiffy.

A feast for the senses, **Prismologie Indigo Interlude Massage Candle With Oud, £55**, smells heavenly and melts into a massage oil to nurture both body and mind.



**Givenchy Teint Couture Balm, £29**, is a foundation like no other. Its beautiful texture makes it a dream to apply, and it gives a radiant, your-skin-but-better glow that lasts all day.

# HOT right now

*The latest products on the Cosmo beauty team's radar*



If your summer holiday this year is non-existent, let the **OPI Venice nail collection, £12.50 each**, transport you to the land of pasta, wine and gondolas. Ti amo!

For a high-shine hint of lip colour and a plumping effect without the tingle, try **Soap & Glory Sexy Mother Pucker Gloss Stick, £3.50** (available from September).



**Lancôme Visionnaire Nuit Beauty Sleep Perfector, £60**, has a touch-me-now gel-in-oil texture and the power to ensure you wake up with fresh-looking skin.

Nourish your scalp with skincare ingredients and your hair will grow thicker and stronger – that's the bright idea behind **Pantene Paltinia Hair Strengthening Primer, £14.99**.

**Simple Kind To Skin Micellar Cleansing Wipes, £3.99**, 'lift' dirt from your face, so there's no need for vigorous rubbing.

Whether you call it **Estée Lauder Modern Muse Le Rouge (EDP from £45)** or 'eau de Kendall', this smells a little bit dark and sexy, and we approve.



The key ingredient in **Christophe Robin Brightening Hair Finish Lotion, £36**, is pure fruit vinegar, which closes the hair's cuticles to give dull blonde locks a brightening boost.

# Be body CONFIDENT



## BEAUTY OF BIO-OIL

Award-winning Bio-Oil delivers vitamins A and E, plus plant extracts such as calendula, lavender, rosemary and chamomile oils. Applying this non-greasy oil regularly will maximize your skin's elasticity over time, helping to improve the appearance of scars, stretch marks, uneven skin tone, dehydration and ageing skin. That's why it's become the No.1 selling scar and stretch mark product in 18 countries since its global launch in 2002.



*We've all got our hang-ups, but they don't have to rule your life*

**W**hat do you obsess about most when it comes to your appearance? Whether it's stretch marks, dehydrated skin or scars, it might affect your confidence levels on a daily basis. With this in mind, Bio-Oil has just launched its My Body Philosophy campaign, supported by Superdrug, working closely with the charity Body Gossip to inspire body confidence in women of all ages – starting in schools.

## #MYBODYPHILOSOPHY

*Cosmo's beauty team dig deep to share their body philosophies*

"I love to eat. It's so much sexier than pushing lettuce around a plate."

**Inge van Lotringen,**  
Beauty Director

**"In our job we meet models and celebs, and they have skin hang ups too. We're all perfectly imperfect!"**

**Bridget March,**  
Online Beauty Editor

**"Don't fixate on the 'imperfections' that no one else will EVER notice."**

**Cassie Powney,**  
Acting Beauty Editor

**"Taking the time to look after your skin is worth it. Look at it as an investment in the future of your skin!"**

**Lucy Partington,**  
Acting Beauty Writer

**"FAKE FEELING CONFIDENT BY PULLING YOUR SHOULDERS BACK AND HOLDING YOUR HEAD UP HIGH."**

**Cassie**

**"LITERALLY NOBODY CARES WHAT YOU LOOK LIKE IN YOUR GYM/ WORKOUT GEAR. FORGET THOSE WORRIES AND JUST GO FOR IT!"**

**Lucy**

### SHARE AND WIN!

Visit [Mybodyphilosophy.co.uk](http://Mybodyphilosophy.co.uk) or tweet #mybodyphilosophy @ BioOilUK to share your body philosophy, and you could be in with a chance to win one of two £250 vouchers for Love2Shop\*, with 10 runners up per month receiving a bottle of Bio-Oil. Good luck!

# 'I pulled out so much hair I had to wear a wig'

Costume designer **Mandi Line** has been yanking her hair out strand by strand for nearly 30 years...

I remember the first time I realised what I do. I was nine years old, watching TV on the sofa with my mum. She said, confused, "What are you doing to yourself?!" It took me a second to work out what she was talking about because it was something I did without even being aware of it: *raise hand, pull out a hair (pop!), look at the root, throw it down, repeat.*

It escalated from random yanking to hours of pulling. It felt amazing, like a release of tension in my scalp. But afterwards I'd be so sad, and so ashamed. A girl's hair feels like everything to her... but mine was gone'

**'A girl's hair feels like everything to her... but mine was gone'**

at the time, doctors didn't know much about it. Therapists tried to tell me I'd been beaten or molested (absolutely not). I took antidepressants, which ease the condition for some people, but didn't help me.

I'd have traded everything I had just to be able to put my hair in a ponytail. I was popular at school, but I didn't date, never swam and avoided sleepovers, all because of my fear of being different. To cover the hair loss, I began making myself wigs and sewing cool hats, hair wraps and headbands.

When I was 19, I met my first love. After three years of trying to hide my disorder, I sat him down – bawling, wanting to throw up – and told him. His response? "I know. It wasn't up to me to ask why you wore those bandanas – I knew you'd tell me when you were ready. Hair or no hair, you're the

Mandi with her own hair now



## Beauty CONFESSION

most beautiful person I've ever known."

From that point, there was no stopping me. I'm so thankful he reminded me I'm much more than my hair.

Ironically, my fear, my shame, ended up turning into a gift that I wouldn't trade for anything. Experimenting with fashion and headwear turned out to be better for me than any therapy session or medicine. Even though it was all to hide my bald head, the creativity I used is the only reason I'm where I am today.

Now, at 36, I've designed costumes for more than 30 films, dressed hundreds of bands, I'm costume designer for US show *Pretty Little Liars* and have also worked on *Faking It* and *Shameless*. I'm a triathlete, a vegetarian, a best friend and a mentor, and have found the greatest love. My friends all know

when I need extra support – and I'm there for them too.

I still have nights where I realise I've pulled my way to another bald spot. I go in the bathroom, cry for a minute and forgive myself. It's a reminder: never forget to take care of yourself... and never stop growing.

### TRICHOTILLOMANIA

#### **The facts**

- Trichotillomania – often referred to as 'tricho' – isn't restricted to the hair on the head. Hair such as eyelashes and brows can be pulled too.
- It tends to affect women more than men, and is often done unconsciously, for example, while watching TV.
- Tricho can be a form of addiction, a response to stress or a type of self-harm.
- The UK has about 20,000 sufferers. If you're one of them, your GP can refer you for counselling or cognitive behavioural therapies.



# FAR-FLUNG BEAUTY

*The Body Shop brings the most treasured beauty rituals from around the world into your own home – because that's where escapism starts...*



**A** good spa treatment is the perfect solution when you need to ease life's daily stresses, and the luxurious new Spa Of The World collection from The Body Shop allows you to take your mind and body on the ultimate spa journey. With the most sought-after natural ingredients sourced from the four corners of the globe, you can create your very own 'spatroom', indulging in the delicately-scented selection of clays, oils, scrubs and creams.

So where do you want to be taken? The Japanese Camellia Cream contains camellia-flower oil, used by women since the 8th century to soften and

moisturise the skin, while the Himalayan Charcoal Body Clay gives an authentic at-home spa experience, based on the Asian beauty trend of using charcoal to draw impurities from the skin.

Other hero products include the African Ximenia Scrub – containing skin-softening oil from the African Ximenia tree – and the Thai Lemongrass

Massage Oil. The range embraces three body rituals: relaxing, revitalising and blissful, and also includes two key accessories to enhance your at-home spa experience: the Body Mask Brush and the Thai Wooden Massager.

There is a far-flung story behind each and every one of these premium products, and a science backing up



*"The Japanese Camellia Cream provides skin with a velvety-smooth treat. A luxurious essential that almost replaces a trip to the spa!"*

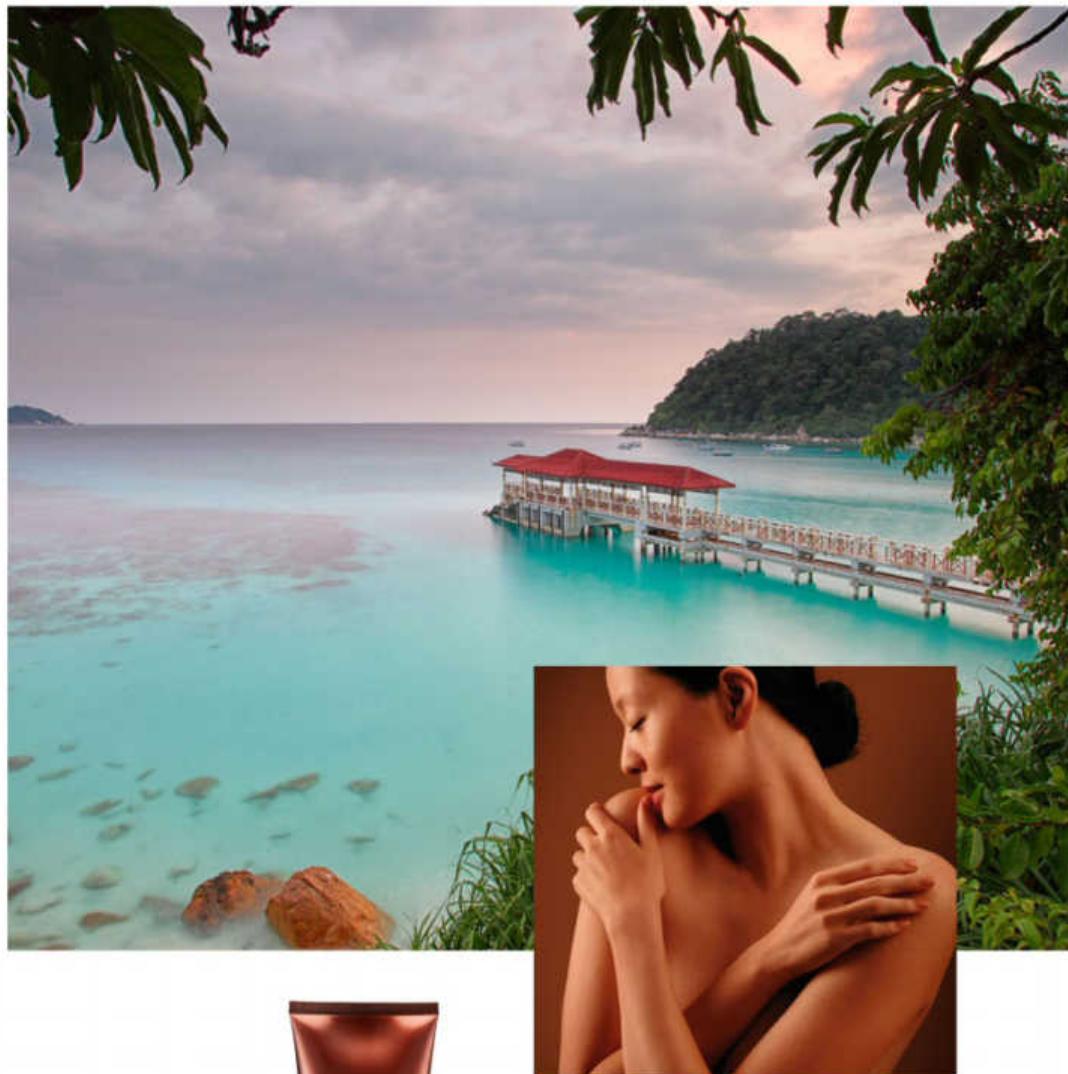
HAYLEY @LONDONBEAUTYQUEEN



*"The products provide a sense of escapism with exotic scents and luxe textures. Plus you get insightful explanations on the chic packaging of how the key botanical ingredients are used by women in their native cultures. Love!*

**BRIDGET MARCH,**  
**COSMO ONLINE BEAUTY EDITOR**

their effective ingredients. "Modern science supports the therapeutic skin benefits of Dead Sea salts, for example," explains beauty botanist Jennifer Hirsch. "It's rich in minerals, such as magnesium, calcium, potassium and bromine, and the large crystals of Dead Sea salt are an effective exfoliator, lifting off dead skin cells to leave smoother skin." But this premium range isn't just about transforming skin; it also has your wellbeing at heart, having taken wisdom from so many different and intoxicating cultures around the world.



*"It's important for one's health and wellbeing to self-care and reconnect with body and mind. I am captivated by all the products in the Spa Of The World Collection."*

**VANDA SERRADOR,**  
**FACIALIST AND BODY-CARE EXPERT**

## WIN! A PERSONAL MASSEUR FOR A YEAR\*

Yes, you heard us! To celebrate the launch of this magical spa collection, 10 lucky readers will win a year's worth of massages! To enter, simply join the new, FREE Love Your Body Club – from 11 August. See [Thebodyshop.co.uk/win](http://Thebodyshop.co.uk/win) for details. The Spa Of The World range launches on 11 August but is available for pre-sale online and instore. Ask instore for details. For personalised expert advice, visit stores or book a party with The Body Shop At Home, 0800 092 9090. You can also view tutorials at [Youtube.com/thebodyshopuk](http://Youtube.com/thebodyshopuk)





BOOHOO



Fleur De Force (right) chats to  
Cosmo Beauty Editor Cassie



FREYA

# WE KNOW HOW TO PARTY...



Cosmo's first-ever summer party, sponsored by Surf, was packed with beauty, fashion and fun. Here's what went down...

**H**undreds of you descended on the garden at the Honourable Artillery Company in London for our summer party – a day of sunshine, amazing fashion shows and beauty tips from top industry experts.

Big names included vlogger Fleur De Force, who shared her tips and answered our beauty questions, and Rimmel London, which demonstrated the perfect festival glow with its new Sunshimmer self-tan mousse. Next up, a fashion show styled by *Cosmo*'s Fashion Editor Sairey Stemp (with makeup by Mii Cosmetics) showcased the hot trends for festivals, holidays and occasions. It was the ideal inspiration for all our summer looks!

While we took notes, we slurped Wheyhey ice cream, sipped Gancia

Prosecco and Żubrówka cocktails, and devoured Hotbox BBQ food (even the nibbles were on trend). Once we'd polished off the food, we polished our nails thanks to Rimmel London. Our hair was coiffed by Lee Stafford (blogger Tiny Twisst also demonstrated some easy summer styles), our brows were tamed by Suman Brows, and we scored goody bags from Freya Swim.

Then it was time for the obligatory selfie with a buff topless guy in the Surf photo area (if you insist...), before grabbing some delicious Emmi Choco Lait and slapping on some festival-tastic foil tattoos from Seekers Of The Sun.

Veet Spawax conducted demos for achieving super-smooth legs, while Freya Swim offered expert bra fittings (waiting in line while clutching a snack

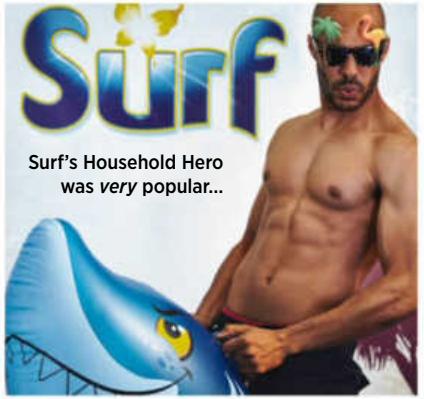
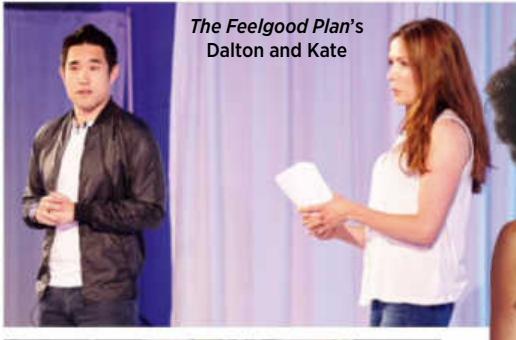
from Showtime's candy-floss stall made the whole experience *much* more fun...).

Of course, it wouldn't be a *Cosmo* event unless we all came away fully inspired both inside *and* out – so A-list trainer Dalton Wong and Kate Faithfull-Williams took to the stage to talk about their new book *The Feelgood Plan*, and how to feel healthier, fitter and happier in just 15 minutes. Sorted.

After that, we enjoyed an adrenaline rush trying our hand at the rapid-reaction game of Batak – courtesy of Soft & Gentle deodorants – before partying to a flawless set from DJ Neev. Which, conveniently for our feet, was right by the Gandys pop-up flip-flops stall. The perfect end to a perfect day...

**For more information on Cosmo events, email [hearstevents@hearst.co.uk](mailto:hearstevents@hearst.co.uk)** ♦

## Cosmo summer party



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# sex etc.

## Early riser

Scientists have found that 8am is the optimum time for, erm, quality time with your partner, as this is when hormone and energy levels peak for both women and men. Beats porridge.



## SSSS-EXY SURPRISE

If you think oysters are gross, you'll probably want to give Chinese aphrodisiacs a miss. Throughout south-east Asia, rice wine with an added dash of *snake blood* is considered the ultimate libido booster. We'll stick to googling Channing Tatum, ta.



*“Boyfriends are just a bonus for today’s women.”*

*Mollie King  
loves her independence*

## LOW BLOW

Women who have been turned down by a handsome man are *more* likely to *reject* a 'less attractive' guy afterwards. Apparently, it's all about reassuring ourselves that we're still worthy. And they say beggars can't be choosers.

### MAKING BACON

TWO THIRDS OF MEN SAY THEY'D RATHER GIVE UP SEX THAN MEAT.

DON'T THINK YOU'RE ALONE IN THIS GUYS - WE FEEL THE SAME...



## 2 FRIENDS

... is the average number we ditch after starting a new relationship, according to an Oxford University study. What happened to sisters before misters?



## A whole latte lovein'

Coffee can perk up your man in more ways than one. Guys who drink two cups a day are more likely to be in the mood for love, as caffeine triggers a chemical reaction and enhances blood flow to the penis. Race you to Starbucks?

★★★★★★★★★★

## LOST CAUSE

One in three of us admits to 'accidentally losing' a partner's stuff after moving in together. Items that befriend the bin include books and old trophies. Hey, we *earned* that egg-and-spoon-race medal.



*WHAT'S IN A NAME? Lots, apparently. A hook-up site for those looking to cheat recently discovered men named Nathan, Christopher or Charles are more likely to stray. \*Thumbs down\**



# 1 THE last sexual TABOO

It seems more and more women are doing it, but, as Taffy Brodesser-Akner reports, with very different levels of distress and enjoyment. Not for the sensitive

**B**efore we plunge in, I'd like to be clear on one thing: I'm a big believer that we should all do whatever we want to do in bed. Have your threesome. Hell, have your twelvesome. Wear that mask your boyfriend bought you as a 'joke'. Don the Care Bear costume and get busy. I'll die for your right to do your thing. (Well, I'll go on a march or something. Death seems extreme for this.)

But I'll be honest, statistics on the rise of anal sex took me aback. We're suddenly having tons of it: according to one survey, 40% of women aged 20-24 have tried anal sex, up from 16% in 1992. The number of women aged 20-39 who say they've had anal in the past year doubled to 20% – and

the same proportion of women in relationships have had anal sex in the past three months. Now, you should probably consider that people might be more forthcoming in this age of internet confession than in the early '90s – perhaps more people were having anal sex back then than were willing to admit it. Still, that's a *huge* jump.

## Pressure to perform

Clearly, anal sex was happening, and it was happening everywhere. It's in all that porn, of course. Researchers watched the 50 most popular porn movies and found 356 depictions, in 55% of the scenes, of men and women having anal.

But we also have the feminist Naomi Wolf talking about how anal fissures – a tear in your rectal tissue – comprised the single biggest problem seen at >

health services on the university campuses she visited in the US.

There was that scene in *Girls* where Adam tries to sneak in some anal, followed by one in *The Mindy Project* where Danny ‘slips’. And when my friends started to talk about their experiences – and not in undertones – I wondered, had I missed the anal revolution?

“Can I put it in your bum?” asked the gentleman suitor of a young woman I’ll call ‘Jill’. This was during her first year of university, when she started dating. She’d been a virgin when they met, but he’d already done ‘everything’ so his expectations were high. During the first month of their relationship, they had vaginal sex. Soon after that, oral. Then came the question.

“I was never interested,” says Jill. “I didn’t want to do it, and I didn’t want to talk about it. But during sex, he would say, ‘Can I put it in your bum?’ every time.” It seemed really important to this guy, so Jill finally agreed. Her friends told her to have a few drinks so it would hurt less. She did, and, well...

“It was not enjoyable at all,” she says. “We used lube and a condom, and he tried foreplay. But I could hold on for only two or three minutes before I said, ‘I can’t do it!’”

Prince Charming finished up with some vaginal sex that night, and Jill spoke loudly and often about how awful it had been for her. “But he kept on asking.” Eventually, he cheated on her, citing her unwillingness to have anal as one of the reasons. Would it shock you to know they broke up?

Then there’s Danielle (of course, not her real name). A veteran of hooking up at parties, she’s noticed a big change in men’s behaviour. Now, she’ll be getting intimate when suddenly, “Guys will just go for it, then try to pretend it was an accident,” she says. “The times they’ve done it without my consent... it’s very painful. You hear horror stories. The whole concept turns me off.”

## ‘Dick slips’

These young women were students of Dr Debby Herbenick, co-director of the Center for Sexual Health Promotion at Indiana University in the US. In recent years, anal sex is a topic that comes up frequently in her human sexuality class. Dr Herbenick says that some of her



female students are curious and want to try it. But more often, it's a subject of distress. "Many feel pressured to do it," she says. "One student wrote, 'I laugh my way through anal sex so I don't cry.'"

Worryingly, a culture of coercion surrounds anal sex between men and women, according to a 2014 UK study. *'Even in otherwise seemingly communicative and caring partnerships, some men seemed to push to have anal sex with their reluctant partner despite believing it is likely to hurt her,'* the authors wrote.

Many men also used the 'try it and see' approach. Couples then labelled them 'slips'; the authors theorised, *'to gloss over the possibility that penetration was deliberate and nonconsensual.'*

Make no mistake. We may be talking about anal sex, but these guys – the ones who pressure women into doing things they don't want to do, or who test the water by 'accidentally' sticking a penis where it doesn't have permission to go – are the true assholes in this story.

## Remember the vagina?

So when did the vagina stop being the holy grail? When I was growing up, it was a treasure to be saved for special occasions with special people.

There's also a misguided notion that anal sex is safer than vaginal sex. Some interviewees in the UK study believed it was impossible to get an STI from anal sex. Use of condoms was rare.

But while risk of pregnancy isn't a worry, other things can go wrong. "The rectal tissue is thinner, especially in comparison with vaginal tissue," says public-health expert Dr Kimberly McBride. "If you're not careful, and especially if you don't use lube, there could be local trauma." Those are the fissures Naomi Wolf was talking about.

Fissures also create an entry point for STIs. "We see research that suggests HPV transmissions," says Dr McBride, "and HPV is linked to anal cancers." Not to mention any other STI that needs a small slice of open skin to enter: HIV, gonorrhoea, herpes, hepatitis.

You can prevent some tearing with lube, but really, use a condom. You don't want the bacteria in your anus getting into your vagina. The good news is that not *all* the rumours are

true: rectal incontinence is not an issue. According to Dr McBride, "The research literature doesn't suggest anal intercourse results in incontinence."

## Why does he want it?

Asked why they thought young people wanted anal, subjects in the UK study often cited the desire to copy pornography. But that explanation is "partial at best," argues co-author of the study, Dr Cicely Marston.

Her interviews suggested some men tried it out of a sense of competition (as one charmingly put it, "Every hole's a goal"). "The fact that porn is the explanation given by many for the rise in anal sex reinforces the idea that men decide what to do sexually and women are passive," she says.

## 'So, when did the vagina stop being the holy grail?'

And yet, there are women who like it. Take my friend Rachel (not her real name), who's married and in her thirties. Over tea in my kitchen, I told her what I was working on and she said, "We love it." She and her husband call it 'going to Brown Town.' As in, 'Hey, are you up for a visit to Brown Town?' Rachel likes it because she likes to please her husband, but also because it feels good to her. She likes being entered from behind and finds something very intimate about how gentle he has to be for it to happen. (Her husband likes it because the anus is smaller and tighter than her vagina, and, well, for some guys that's the dream.)

Then there are the group of women I'll call 'anal enthusiasts,' who are set on educating the world in the finer points of backdoor sex.

Sex coach Sienna Sinclair is one. The first time she had anal sex at 21, it hurt. She bled every time she had a bowel movement for months. Now, she loves it and sees advantages over vaginal

sex. "The great thing is that it's not a vagina," she says. "There's no cervix, so even if he's got 10 inches, it can still fit."

Take a minute if you need one.

## An erogenous zone?

"Your bum is really an erogenous zone," says sex educator Tristan Taormino. "It's rich in nerve endings at the opening." So the rectum responds to stimulation and penetration, which is why butt plugs exist. And are purchased.

Tristan says the reason a lot of women experience pain is because the opening of the anus is a ring of muscle, and it has to be unclenched for this to work. This involves anal foreplay, which includes lube, massage, and testing the waters with a little finger.

"Your bum is more delicate than your vagina and less resilient," she explains. "You can hurt someone if you do it wrong. All that sensitive tissue is kind of a blessing *and* a curse."

So, anal sex is either very painful or really great. Safe or dangerous. It's unyielding pleasure or a huge pain in the ass. Just like everything. Years ago, oral sex was considered deviant. This isn't that different. Women write to Tristan about fantasies, anal or otherwise, and want to know if they're normal.

"I would like that stuff to go away," she says of the shame she encounters. "I would like to see anal sex destigmatised, with no hierarchy within the bounds of normal relationships."

And the most profound discovery: while there are emotional implications attached to any kind of sex, anal sex is a true test because it could go wrong.

Women in relationships who mutually decided with their partner to have anal sex talked about a profound experience. The ones who just got a 'can we?' and a poke in the bum felt horrible pain.

Maybe anal is more than I considered it could be – a chance to come together in a new way, to feel new heights of trust, a zenith of emotional bonding.

As I finished writing this, I received a text from my friend Rachel that read, *'Just finished watching TV and thinking of taking a trip to Brounton Abbey. Thought you'd like to know.'* ♦

WHAT DO YOU THINK? IS IT SOMETHING YOU'VE FELT PRESSURED INTO? TELL US WHY AT COSMO.MAIL@HEARST.CO.UK



# Sex therapy

For change-your-life sex advice, ask Cosmo's sex psychotherapist, **Rachel Morris**



## He says I'm not tight enough

The guy I'm seeing recently told me I'm loose down below. I'm 25 and I have no kids, so how can that be? My confidence is crushed. Surgery sounds horrific but what else can I do? I'm trying pelvic-floor exercises but I don't know if it's working. I feel deformed.

There are many myths about vaginal tightness/looseness. Some are utterly ridiculous; others are plain insulting. They're all misinformed. Virgins are not tighter, promiscuity does not slacken and if ethnicity does have a bearing, it's slight and not in the way it is commonly reported. There are only two reasons a pelvic floor might lose elasticity: multiple childbirths and ageing. Vagina myths only serve to shame women about their bodies: our smell, size, shape, pubic hair, labia formation and colouring all come under attack. LEAVE US ALONE! This is *his* issue, not yours. Size is relative; maybe his problem has more to do with the size of his brain? Just sayin'...

## I feel pressure to orgasm

My boyfriend is getting really frustrated that he can't make me come. I've told him sex is great and I'm not bothered if I orgasm but he says it bothers him. I'm worried if it doesn't happen soon he'll lose interest and the sex will fizzle out. Should I fake it? The problem is you want to please him more than you want to please yourself. You're even prepared to lie. Instead of faking it, try owning it. Say, 'I need you to accept that I can't orgasm right now' or, 'Your frustration is putting pressure on me and making me insecure.' Feeling safe in your relationship and being orgasmic in bed both depend on your ability and willingness to make your needs as important as his.

### How will I trust men again?

My friend told me she got chlamydia from a guy I also slept with. I got tested and I have it too. I'm so angry. How could he have unprotected sex with me knowing he was infected? How will I ever trust a man sexually again? You don't have to – and shouldn't. The fact that this guy knew he was infected and had unprotected sex with you anyway should be a perfect illustration of why safe sex needs to be something you take care of. It's 2015 – no one will bat a false eyelash at 12 extra-safe condoms in your shopping basket, and so what if they do? Better that than a course of antibiotics!



### She's refusing sex to punish me

After months of sexual rejection, my fiancée finally told me it was because I "don't apologise after arguments". I'm shocked and a bit disgusted that she'd withhold sex as a punishment. I thought that only happened in US sitcoms.

Women don't withhold sex – that's a myth based on a '50s idea that women don't like sex but see it as a duty or a bartering tool. You might feel punished but her not wanting to be intimate is more likely to have come from a place of hurt, resentment or insecurity rather than desire to be vindictive. It seems communication is the problem you need to work on first. Fix that and your sex life will fix itself.



#### CONTACT RACHEL

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London W1F 9EP  
or email [rachel@cosmopolitan.co.uk](mailto:rachel@cosmopolitan.co.uk)

# ARE YOU HAVING TOO MUCH SEX?



*New book The Sex Myth explores why women feel pressured to have 'enough' sex. It's time to enjoy being single and learn to say no, says Zoe Strimpel*

**A** century ago, women in the UK lacked the right to vote or refuse sex with their husband and had only limited rights to a divorce. Now, we have access to safe abortions and reliable contraception, and can keep our jobs once we're married (thanks, guys!). We've gone from being seen as cooking, cleaning and breeding machines to outnumbering men in higher education.

So why do so many single girls feel the pressure to have sex 'like a man'? And by that, I mean the widespread belief that to demonstrate equality with men, women have to have sex in a detached, goal-oriented way. Shouldn't equality mean the right to do what you really want – including *not* having loads of sex, if that's what you prefer?

"It's easy to believe that everyone's having hanging-from-the-chandeliers sex twice a night," says Susan

Quilliam, sex counsellor and co-author of *The New Joy Of Sex*. "So we feel weird if we're not doing it, *especially* if we're offered sex and decline it. There's a deep-rooted belief in society that if someone says, 'I want to have sex with you,' you should do it – that it's rude to turn it down."

Susan, an active feminist since the '70s, explains that the pressure to have sex like men is not what our mothers were fighting for. "Some young women today believe that to be a fully functional, lovable, together, relaxed woman, you need to be seen to enjoy sex," she says. "The assumption is that if you *don't* have sex with someone, it means you *don't* enjoy sex – and that you're damaged. But that's not what sexual fulfilment is about."

"Of course, there's nothing wrong with recreational sex, as long as you know what it is," Susan adds. But she believes that for many people



That's 'up against a fireplace' ticked off the bucket list...

- men as well as women
- sex is just *better* when you feel close to someone. Holding back on casual sex, then, could mean that the sex you *do* have will be better.

Casual sex can be amazing. But it offers nothing if it makes you feel like crap. Having done both kinds of single – the pressurised, lots-of-sex type and the man-free one – I discovered there is *so* much good stuff about the second kind. My sex diet taught me how OK it is just to be single, and I discovered a feeling of profound self-worth from focusing on interests other than men.

Interests such as reading and spending time with my ninety-something grandfather. I got to see more of my friends too. The cherry on top? My feminism actually blossomed, because I was exerting a new kind

of power: the power to be single on my own terms.

Resisting the pressure to have as much sex as possible turned my late twenties into one of the best periods of my life. Instead of forcing myself out on boozy benders (and spending my weekends in hung-over stupors) and wasting time trying to impress not-that-great guys, I was setting my own agenda.

So next time you catch yourself worrying, switch that channel in your brain. By not having sex, you're not wasting your singledom; you might even be opening the door to something sexier than sex: your very own power to do what works for you.

DO YOU THINK THE PRESSURE TO HAVE SEX IS JUST TOO MUCH? TELL US  
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# Health *etc.*

## Tea total

Drinking chamomile tea could help women live longer by lowering the risk of death from all causes, say University of Texas researchers. It's also known to calm anxiety and settle upset tummies. Is there anything this miracle cuppa can't do? Time to stick the kettle on.



## FACE IT

ARE YOU A BLUSHER? BE EMBARRASSED NO MORE – WOMEN'S FACES ARE REDDER WHEN THEY'RE MOST FERTILE, ACCORDING TO A STUDY. SO EMBRACE YOUR BLUSHES (AND STOCK UP ON CONDOMS IF YOU'RE NOT TRYING).

"I'm addicted to popcorn. I eat it throughout the day. I'm a scatterbrain with lots of things to do at once, and eating popcorn helps me concentrate."

*Jessica Alba*  
chews it over

BY HARRIET THURLEY. PHOTOGRAPHS GETTY

## HIGH FIVE FOR FIBRE



A HIGH-FIBRE DIET CAN HELP LOWER YOUR RISK OF DIABETES BY IMPROVING YOUR BODY'S CONTROL OF BLOOD SUGAR – SO STOCK UP ON CEREALS, RICE, NUTS AND VEG.

## SNEEZY PEASY

If you're stuck in hay fever hell right now (as 20% of Brits are at this time of year), try exercising more – those who do have the mildest symptoms. Maybe avoid a park run in the early evening, though, as that's when pollen levels peak.



## Bra-lliant news

Three is the maximum number of times we should wash our bras a month to avoid ruining their elasticity and making them less supportive. Step away from the laundry basket, ladies.

★★★★★★★★★★★★

## SALMON



## SWEET POTATO



## TOMATOES



## SUN-PROTECTION-BOOSTING MEAL

Thanks to vitamins A, C and E – but don't skip SPF!

**Me, my selfie and I** Getting that coveted snap with a celebrity is among the moments that can make us happiest, according to a poll – along with making a YouTube video and reaching 100 Twitter followers. But getting married is still our number one, the soppy so-and-sos that we are...



## *My body's amazing because...*

**LEIA CLANCY, 24, FROM OXFORD, WORKS IN FUNDRAISING**

I was 13 when I was diagnosed with scoliosis – twisting and curvature of the spine. I'd been getting back pain and feeling breathless during PE lessons, and my mum had noticed my shoulders were uneven. An X-ray confirmed a 70-degree sideways curve of my spine, severe enough to need surgery.

The waiting list was a year long, so in the meantime, I was given a back brace to wear under my clothes. It stretched from under my breasts to my hips – it was so embarrassing and made me very self-conscious.

Thankfully, my surgery was successful. By permanently attaching two titanium rods to my spine, doctors managed to straighten the curve by 50%. I wouldn't ever be able to touch my toes, but while that didn't bother me, the way I looked *did*.

I was left with two large scars – one running down my spine and the other across my ribs. My shoulders were still uneven and one of my ribs stuck out. I don't know why, but I also developed acne across my back and bum, which left scars too.

My operation was supposed to fix me – yet afterwards I felt just as uncomfortable in my body. I covered up by wearing baggy T-shirts and jumpers and even wore a cardigan over a strapless dress to my freshers' ball. It made me feel safe.

But not long after that, my outlook started to shift. I realised I shouldn't be ashamed of my body. I began wearing fitted clothes and stopped worrying what other people thought. Just before I turned 19, I went on holiday to Greece and wore a bikini without a kaftan for the first time. It was like a weight had been lifted. I realised no one on the beach cared what I looked like – no one stared. I felt so free.

My body's been through a lot, and my appearance has changed permanently, but I won't let that affect the way I live my life. It took a while, but I've learnt health and happiness are what matter – *not* what anybody else thinks.



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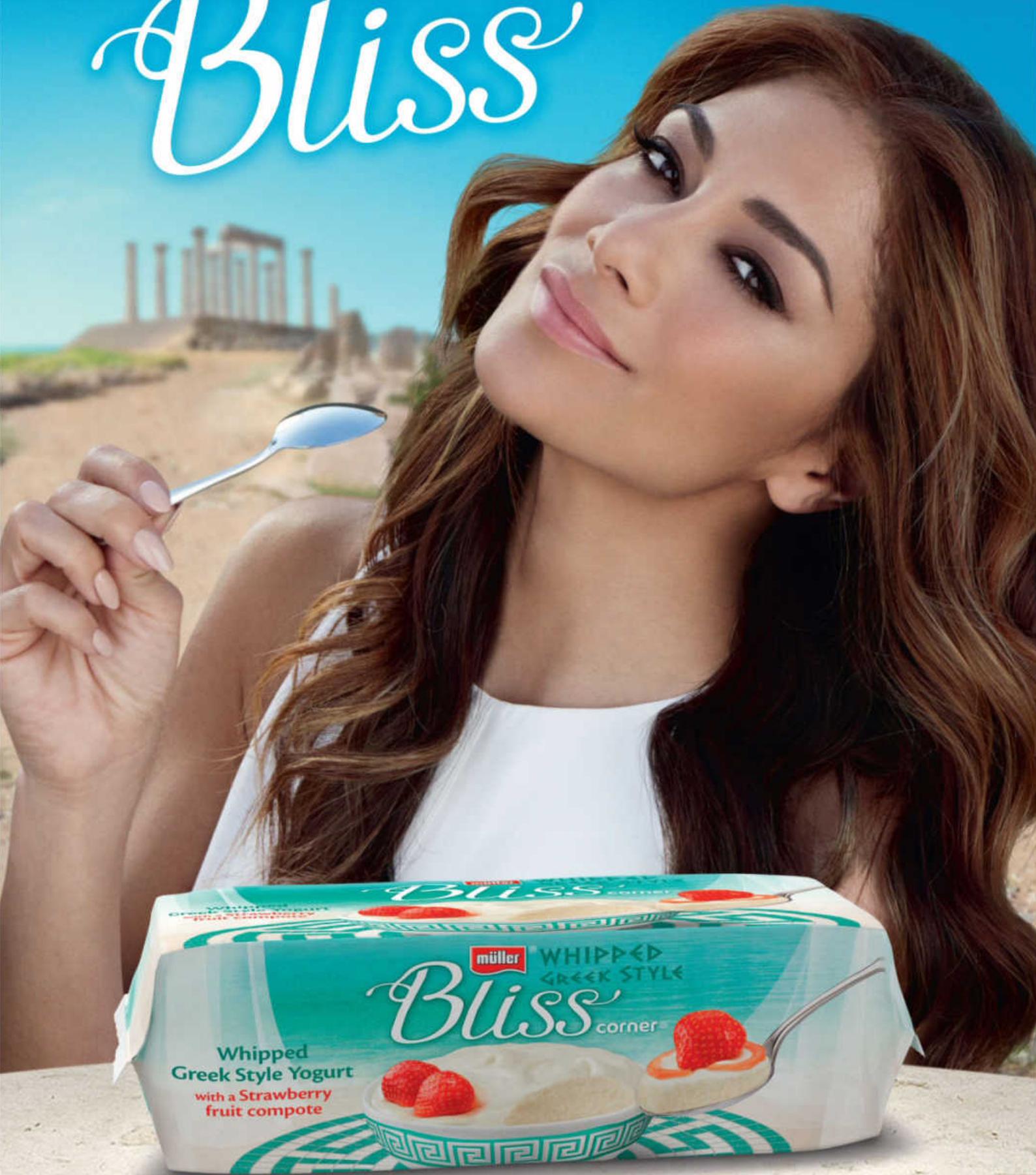


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# THE PERFECT PICNIC!

Studies by nutritional scientists have found that more variety = more munching, which can turn your average picnic basket into a calorie-fest. Fill up with saintly (but delicious) snacks by putting together a perfectly balanced picnic

## PASTA SALAD

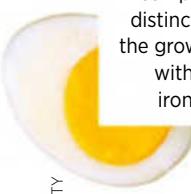
Don't fear carbs – they're an important source of energy. Choose wholemeal pasta, which releases its sugars at a slower rate than white pasta, leaving you fuller for longer. Add tinned tuna (a source of healthy omega-3s), sliced red onion, sweetcorn and chopped cherry tomatoes, and dress with digestion-boosting lemon juice for vitamin C and antioxidant-packed olive oil.



## EGGS WITH MUSTARD AND PAPRIKA

As well as containing healthy fats, eggs are a great source of vitamins, calcium and protein.

Add a dollop of mustard – studies have shown the compounds that create its distinct tang can also inhibit the growth of cancer cells. Top with a spicy sprinkle of iron-boosting paprika.



## VEGGIE BATONS WITH DIP

Cooking veg can drain its nutrients, but loading raw veggies with delicious dips will make them more palatable and healthy. Chop carrots, celery, yellow peppers and cucumber (which is great for hydration) into batons. Use them to scoop up a vitamin C-loaded tomato salsa, calcium-rich cottage cheese or guacamole, which is packed with avocado's super-healthy fats.



## CHAMPAGNE

A picnic's not a picnic without bubbles. The good news is that champagne has similar health benefits to red wine, including antioxidants that help to lower your blood pressure. As long as you stick to just a glass or two...



## FRUIT SKEWERS

Rainbow-hued skewers of grapes, strawberries, kiwis, pineapple and mango are a delicious way to help you hit your five-a-day. They're also packed with vitamins, and have way more fibre than a smoothie (plus they'll help your digestion after all that food). Sprinkle with cinnamon to rev up your metabolism, and drizzle with memory-enhancing honey.

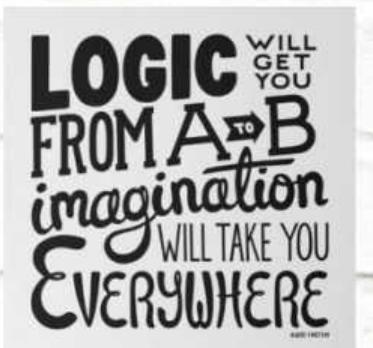




Framed print by Irene Celic, £104.99, All Posters



Print, £20, The Calm Gallery



Frame, £10.99, Getting Personal

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Prints, £55 each, Graham And Green

### 1 Every night is party night

Miami's Ocean Drive is the place to be if you're looking for a lively party atmosphere. No matter what day of the week, this beach-front street is buzzing. Take a stroll along the strip where cocktails are served in giant bowls, then take in a drag show at The Palace – where the OTT wigs, heels and sequinned costumes will take your breath away!



Room to chill: Hotel Victor South Beach

### 3 There are tons of great places to eat

For a great all-American meal, try 11th Street Diner on South Beach. Decked out in true diner style, it's the best place to grab a burger and shake. Or take in some old-school Miami glamour at the beautiful Restaurant Michael Schwartz in the Raleigh Hotel, where you can enjoy fabulous food by the stunning Art Deco pool, surrounded by fairy-light-strewn trees.



### 4 The weather's great all year

Florida isn't known as the Sunshine State for no reason. Miami's temperature rarely drops below 20°C and you're almost sure to get good weather. During the summer highs are around 30°C, so it's still not too hot to go out exploring this exciting city.

# 5 reasons to go to Miami right now

*Sun, sea, shops and super-sized cocktails... What's not to love?*



**5 It's a shopaholic's heaven** With all our US favourites such as Sephora, Forever 21, Club Monaco and J Crew, Lincoln Road has something for everyone. On certain Sundays throughout the year you'll also find The Lincoln Road Antique and Collectable Market, where we spotted vintage Chanel and Vuitton!

### 2 It's got beautiful beaches

**Buzzing** South Beach has a palm-tree-lined walkway that you can cycle, roller skate or simply stroll along to take in the sights. The beach is littered with pastel-coloured lifeguard huts and shacks selling snacks and offering sunbed and parasol hire. For a more peaceful setting with beautiful white sands, head to Virginia Key Beach at Key Biscayne. With shaded pavilions for picnics, plus windsurfing and paddleboard hire available, it's perfect for a day trip away from the hustle and bustle of the city.



**Book it**

Cosmo stayed at Hotel Victor South Beach (rooms from £173.41, [Hotelvictorsouthbeach.com](http://Hotelvictorsouthbeach.com)). Its laid-back vibes provide a welcome sense of calm, but step outside and you're still in the heart of the action of Ocean Drive. With a pool surrounded by double day beds, and cabanas with views out to sea, the hotel is a perfect place to base yourself on a trip to Miami.



# Cosmostrology

With Cosmo's psychic astrologer **Jessica Adams**

**Virgo** 23 AUG-22 SEP  
**You'll have a choice** between two financial options; ask more questions before you commit to either. Fantastic friends from your past make sacrifices for you. A big problem can be solved with persistence. Consider rethinking your schedule – it could change your life.

**Libra** 23 SEP-22 OCT  
A classy hobby or interest intrigues you this month. You will be asked to keep a complicated secret. Ditch old ideas to take advantage of an affordable wardrobe makeover. A friend who is a Scrooge with money or possessions needs a quiet word. Now's the time to book a countryside break.

**Scorpio** 23 OCT-21 NOV  
Seize the amazing opportunity in front of you now and run with it; a relative of a well-known person may be connected. You'll be let in on another Scorpio or Libra's secret, although you may not know their sign. White clothes inspire you. Face up to that phobia now.

**Sagittarius** 22 NOV-21 DEC  
A man with retro tastes will try to hide his attraction to you. Listen up when others warn you about a plan that costs too much money or time. Don't put off booking tickets to that must-see event. Check in with the family member some others find hard to understand. They'll appreciate your opinion.



**Capricorn** 22 DEC-19 JAN  
Be clever when dealing with a person or organisation that really challenges you – a wise strategy will win out. You can learn a lot from an older female relative. Expect to reap rewards from the hard work you put in months ago. And a red-haired man has good news for you.

**Aquarius** 20 JAN-18 FEB  
Be open-minded about a crazy scheme now. If man can walk on the Moon, this can work too! A person with poor eyesight has perfect vision about your love life. Wonderful exotic food accompanies a big change in your ideas. Be careful around that person who claims to be broke.

**Pisces** 19 FEB-19 MAR  
Home improvements or redecoration make an amazing difference. Make time to thank a person who has been generous with their money or time, but is seldom acknowledged. Exciting trips away are on your horizon. The weather won't matter as the company is superb.

**Aries** 20 MAR-19 APR  
Big lifestyle improvements are on the cards. Start delegating tasks at work and you'll feel much happier. A pool, gym or yoga studio has a special offer for you. Learn from an arrogant woman's mistakes; you'll reap the benefits. A diary date change works out very nicely for you.

**Taurus** 20 APR-20 MAY  
You are part of a team or group where one person is out of step – cooperate to help fix the problem. Interactions with children will reward you if you stay the distance. A female in your family has excellent advice. If you're single, don't overlook someone from another country.

**Gemini** 21 MAY-20 JUN  
What you want from life – money, a new relationship or a better lifestyle – can be found through a pet-sitting or home-exchange website. A man with a big ego wants you in his fan base. A friend is going through a tough time, so try your best to be understanding. Snap up a sales-rack bargain now.

**Cancer** 21 JUN-22 JUL  
Football teaches you something useful about life this month. Find out why a fair-haired woman is always unavailable or hard to pin down. Another company similar to your own is expanding – ask questions and you could benefit. A dependable man connected to books will help you.

**Leo** 23 JUL-22 AUG  
You will discover satisfying rewards beyond food and drink, which will change your outlook. Put the extra money you save now into a hands-off account. A man who often lets others down needs your support. Brilliant news comes by post or email. Make plans for a big event or holiday in November.

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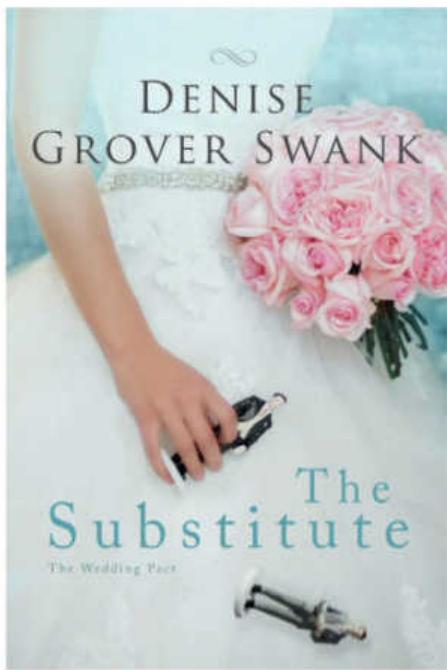
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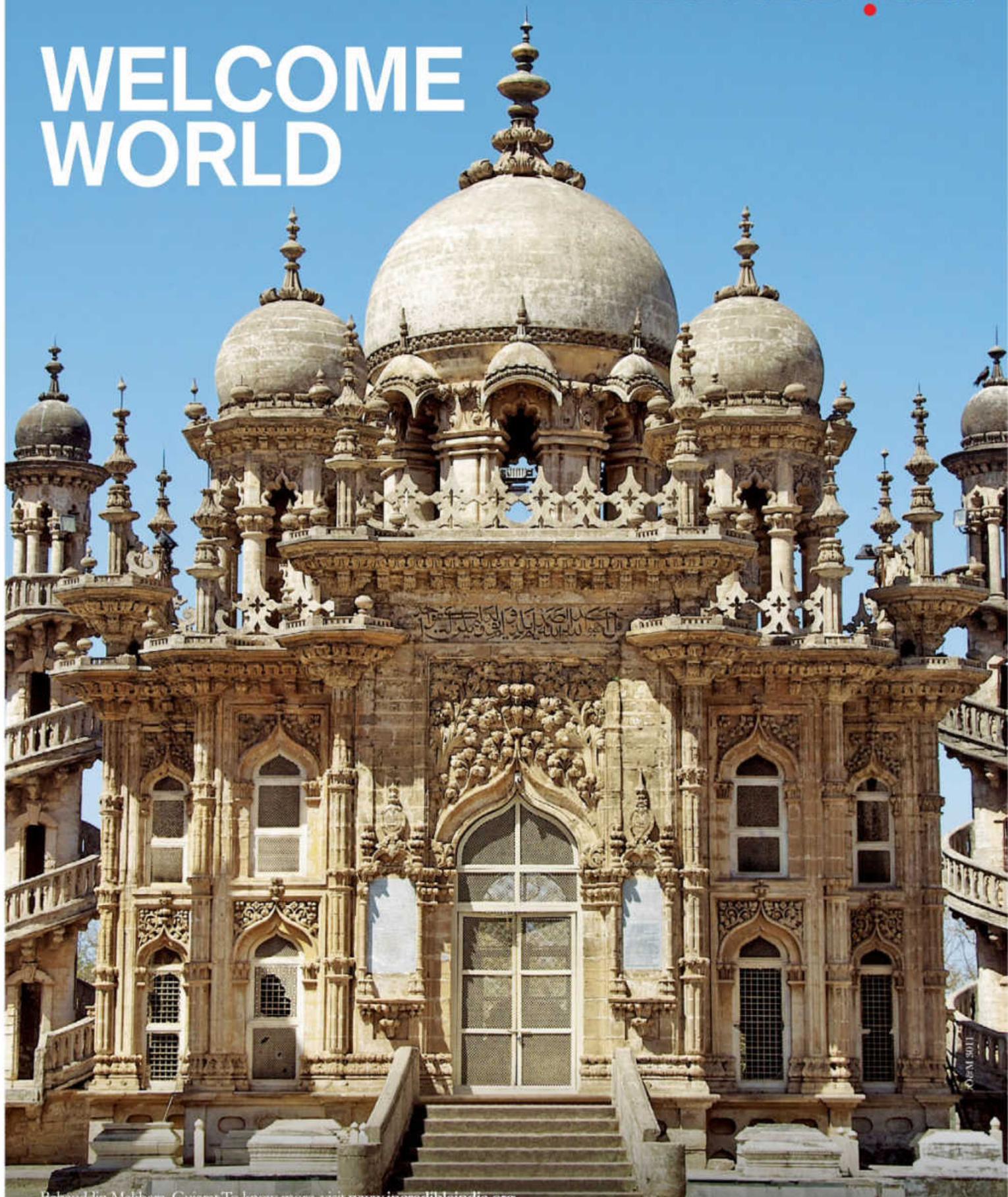


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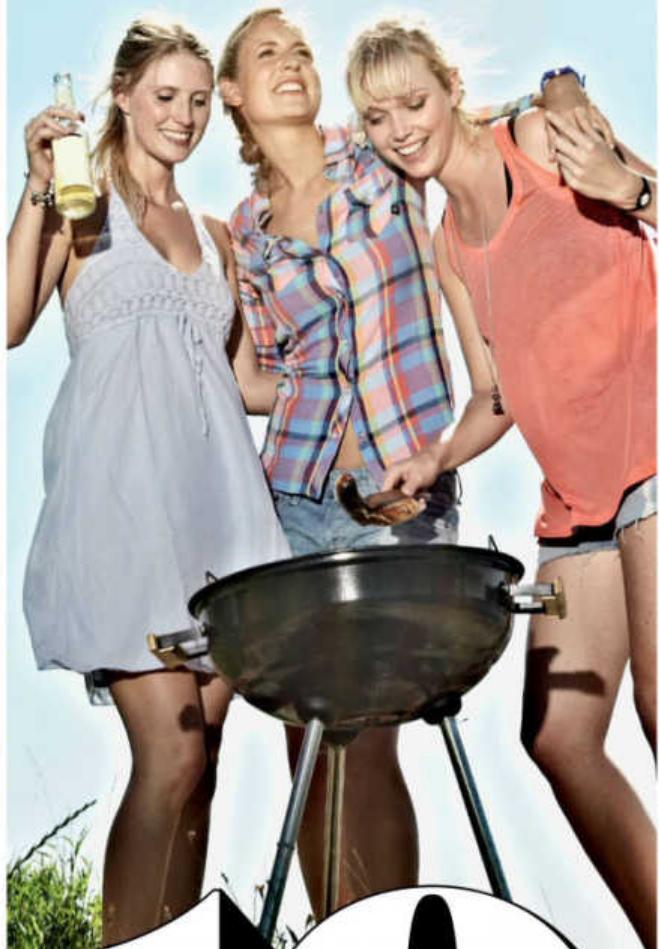
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## BARBECUES

As well as having the cold to contend with (it's barely pushing 14°C but you're outside anyway because IT'S SUMMER), there's the deadly undercooked food, the wasps, napkins blowing across the garden... Whose idea *was* this?



## MAKING YOUR BED

WHOEVER SAID YOU'RE MEANT TO WASH YOUR BED SHEETS EVERY WEEK HAS CLEARLY NEVER MADE A BED IN THEIR LIVES. PUTTING A SHEET ON WITHOUT ALL FOUR CORNERS PINGING OFF SHOULD BE AN EVENT IN THE DECATHLON.

## Fake eyelashes

You're running late, your taxi is waiting outside and your eyelash is wonky. Do you a) remove and attempt to reapply or b) throw a load of eyeliner on the problem and hope no one thinks you have escaped from a bell tower?

## Bridesmaid-dress shopping

"I just want you to enjoy your big day, I don't care what you put me in." Translation: if you make me try on one more lime-green strapless monstrosity, I will *end* you.

# 10 THINGS THAT ARE JUST TOO STRESSFUL

## SEEING YOUR EX FOR THE FIRST TIME POST BREAK-UP

Basically a real-life demo of the fight-or-flight response – without the David Attenborough commentary.

## Parallel parking

If there's not a space you can get straight into, you'll drive round and round the block until one appears.

## When your computer crashes

THAT PROJECT YOU HAVE BEEN WORKING ON FOR WEEKS; THAT SPREADSHEET YOU HAVE BEEN UPDATING ALL DAY: GONE. GET BILL GATES ON THE PHONE, NOW.

## RUNNING FOR A TRAIN

I have two minutes, shall I run? Oh, balls, now I've wasted 30 seconds debating whether or not to run. Right, I'm running. \*Holds down boobs\* Why is the platform so far away? Everyone is running past me. STOP THE TRAIN! \*Doors shut\*

## DYEING YOUR HAIR

IT'S SO STRIPY! I ASKED FOR SUN-KISSED HIGHLIGHTS AND NOW I LOOK LIKE I'M ABOUT TO GO POLLINATING. FIRST NAME BUMBLE, SECOND NAME BEE.

## Festival toilets

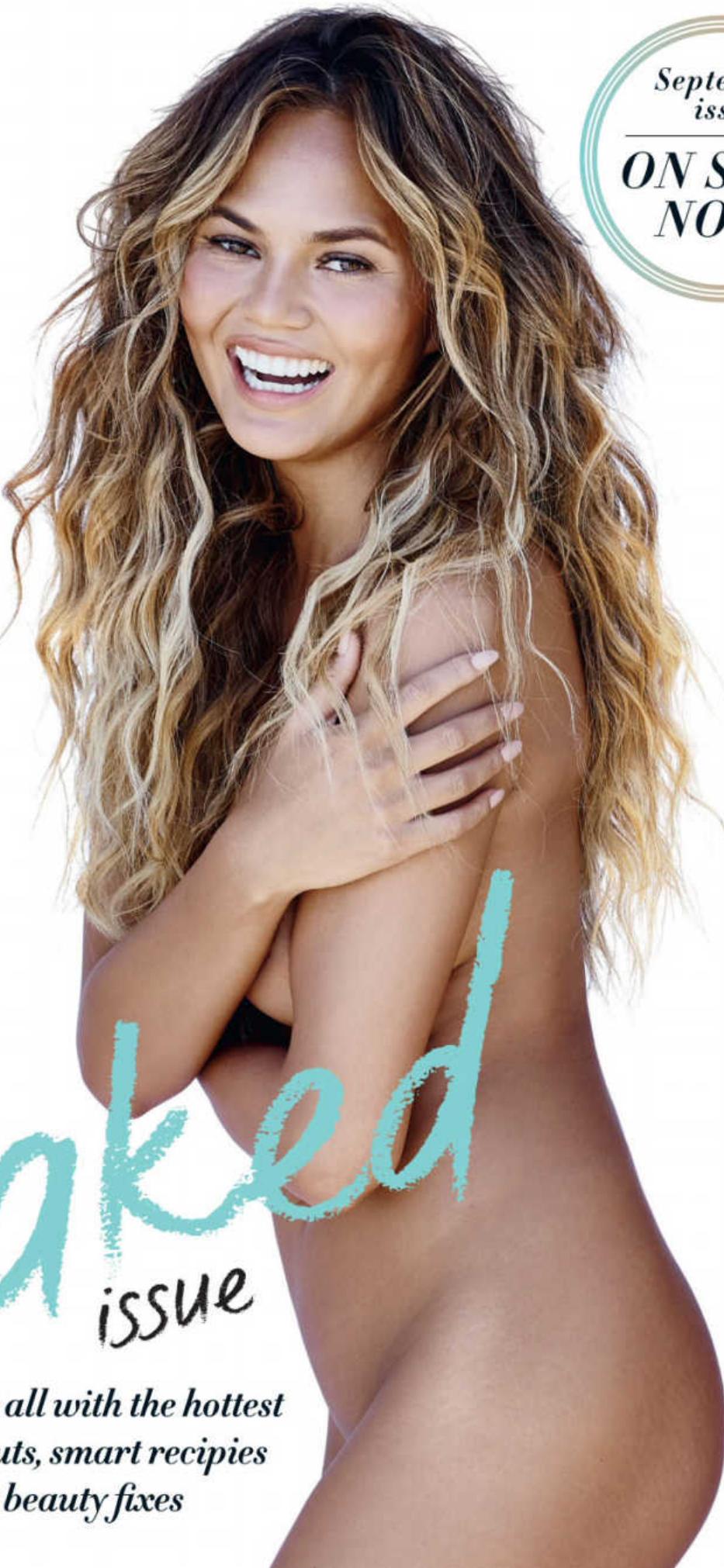
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